

# THETFORD SENIOR CENTER

February 2024

11495 North Center Road \* Clio, MI \* 48420

(810) 686-0630



## Dementia Caregiver Workshop

Wednesdays, February 14th-28th from 1:00pm-2:30pm

Are you caring for a person with memory loss? This Dementia caregiving workshop is a 3-session program for those caring for a person with Dementia or Alzheimer's. It assists with reducing caregiving stress by providing useful tools and information.

Learn how to: Understand basic information about dementia, Communicate more effectively with someone who has dementia, recognize stages of dementia, provide meaningful daily activities based on your loved one's interests and abilities, better understand and address dementia-related behaviors, create a positive caregiving environment, learn strategies and benefits of self-care, build your network of support. Call us at the senior center to RSVP today.

### Senior Center Staff:

Director- Shannon Kline  
Assistant Director- April Greanya  
Bus Driver- Bob Myers  
Kitchen- Lisa Lupien

### Hours of Operation:

Monday through Friday: 8am-4pm  
Thursday: 8am-9pm  
*Closed February 19th in observance of  
President's Day*

## Shows, Trips and More!

### **Check out our 2024 Thetford Senior Center Trips!**

**Soaring Eagle Casino- Friday March 8th.** Leave the center at 11am return approximately 6pm. Cost is \$15 you get \$20 free play & \$10 dining credit. Must have 14 people signed up to receive incentives, and must be paid upon sign up.

**Country View Bulk Food Store in Snover- February 12th at 10:30 am.** Our 14 passenger bus will be leaving the center at 10:30 am and returning around 3:00pm. The group will eat lunch (you pay) at either Beagio's in Kingston (on the way to Snover) or at the diner inside Country View. Seating is limited. **Transportation is free.**

#### **2024 Spring Casino Trip- Wednesday, May 15th & Thursday, May 16th -ONLY \$130**

Join us on a two-day, one night casino road trip, transportation by Blue Lakes Charters & Tours. Receive \$60 Free Play & \$10 Dining Voucher (Based on Double Occupancy, add \$20 for Single and Triple Occupancy) We will be stopping at the following casinos: Kewadin in St. Ignace, Bay Mills in Brimley and Odawa in Petoskey, **with lodging at Kewadin in Sault Ste Marie.** A \$60 deposit required to sign up. Deadline and balance due by April 19th, 2024.

**Turkeyville presents *Escanaba in da Moonlight* ; Wednesday, July 17th.** Cost is \$60 per person. Dinner will be Turkey buffet-style luncheon included; Lunch at 12pm show at 2pm. Seating is limited on our 14 passenger bus so don't wait to sign up for this one. 35 year-old Reuben Soady is the oldest of the clan at the family's U.P. deer camp to never bag a buck. Enjoy the hilarity, humor, horror and heart as he goes to any and all lengths to restore his reputation in this Jeff Daniels classic. Payment due by June 1st.

**Zehnders of Frankenmuth presents *Lookin' Back A Tribute to Bob Seger* ; Friday, May 10th.** Cost is \$60 per person. Includes a 2-piece chicken luncheon. Detroit based Lookin' Back is comprised of seven talented musicians dedicated to performing the music of Bob Seger at its highest level for both lifelong and new fans alike! Anyone who enjoys his poetry, energy and vast catalog of time-tested hits bridging six decades will not want to miss out on this experience. You do not want to miss this show! The Thetford Senior Center bus will depart the center at 11:00 am and return immediately after the show. Deadline to sign up is March 15th and payment must be paid in full to reserve your seat.

#### **Another Zehnders of Frankenmuth show *Legends of Classic Country Johnny Cash and Friends***

Wednesday, October 16th Only \$60! Includes a 2-piece chicken luncheon and show.

Experience a musical journey like no other with the "Legends of Classic Country".

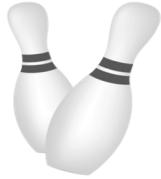
This isn't just any show; it's a heartfelt tribute to the iconic sounds of country music's golden era. Come join this award-winning ensemble of stellar musicians as they delve deep into the soul-stirring classic country catalogs of legends like Johnny Cash, Merle Haggard, Willie Nelson and MANY more. The Thetford Senior Center bus will depart the center at 11:00 am and return immediately after the show. Deadline to sign up is August 16th and payment must be paid in full to reserve your seat.

#### **Coming Christmas 2024 The Prolifics present *A Motown Christmas* Wednesday, December 4th**

Cost is \$60 per person and includes a 2-piece chicken luncheon and show! The music, the moves and the audience interaction make for a memorable entertaining experience. The Thetford Senior Center bus will depart the center at 11:00 am and return immediately after the show. Deadline to sign up is September 27th and payment must be paid in full to reserve your seat.

**Wii BOWLING LEAGUE!!**

Join a Wii Bowling League at the center on Friday mornings from 10am until noon. Come in and give it a try. It is great exercise and no ball is too heavy!!



***Scrabble on the Run!***

This is an interactive version of Scrabble. Come in and play a word on our giant Scrabble board. If you make the highest scoring word for that game, you will receive a prize. See us for more details.

**Mystery? Dinner**

Do you like to go out to eat but don't want to go alone? Hop on our bus and we will take you to a surprise location and you can eat with some new friends!

**Next date:**

**January 26th.**

**Our 14 passenger bus leaves the center at 4:30pm**

**You pay for dinner, we get you there (and back!)**

**Call today to reserve your seat!**

**Thetford Senior Center Code of Conduct**

**All participants and visitors shall:**  
**Be courteous to fellow participants, staff and visitors,**  
**Be cooperative,**  
**Allow no profanity,**  
**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.**

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

**Recipe of the Month**

**Taco Bake**

**(Serving on Friday, February 16th)**

- 1 lb of ground beef
- 1 can black beans (rinsed and drained)
- 1 can Rotel tomatoes
- 8 oz. shredded cheese
- 6 flour tortillas

Brown beef, onions, and green pepper until meat is done. Drain. Add water and taco seasoning; bring to a boil. Reduce heat, simmer uncovered for 2 minutes. Stir in black beans and tomatoes, simmer 10 minutes, uncovered. Place two tortillas in a greased 9x13 pan, spread with refried beans and half the meat mixture and sprinkle with 1 cup of the cheese. Repeat this step for the second layer. Top with last 2 tortillas and remaining cheese. Cover and bake at 350 for 25 to 30 minutes or until heated through and cheese is melted.

**Loan Closet**

Through our loan closet program we are fortunate enough to offer many medical supplies and equipment for those in need. We have items such as wheelchairs, shower chairs, transfer benches, bedside commodes, crutches, and walkers for you to borrow. Call us to see if we have what you need.

**Emergency Forms**

We have begun updating our emergency forms. Please stop by the office when you get a chance and ask us for a form. Thank you for your cooperation!

**Coming soon**

**Line Dancing!**  
 Watch the newsletter for updates!

**CARD MAKING**

Join us on Wednesday, **February 28th** to make and take two greeting cards. All supplies are included. Only \$5.00.

**Bible Talk**

Jump in, the conversation is warm! Friends and neighbors are sharing a verse by verse study of the Bible. Open dialogue and reading the Bible book by book and verse by verse. Come join us in our round table study. The coffee is on and the sharing is warm and friendly.

Enjoy the experience with us as we learn what the Bible means to so many in this time and age.

**We meet at 10am on Tuesdays.**

See you next week!

**Mexican Train Dominoes**

Come play with us!  
 Don't know how to play? We will teach you.

Wednesdays at 1pm.

**Inclement Weather Policy:**

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

**Consumers Shut Off Protection**

Are you 65 or older and head of the household?  
Call Consumers at 1-800-477-5050  
so you can qualify for shut off protection, automatic payment plans regardless of income, and no late fees.

**2024 Thetford Senior Center Rummage Sale**

Tentative dates: April 19th & 20th  
We will begin taking donations of sale items soon, so think of us when you're cleaning out those closets!

**Looking for the newsletter online?**

Find us online @  
[mycommunityonline.com/organization/](http://mycommunityonline.com/organization/)

**MEDICARE/MEDICAID ASSISTANCE PROGRAM (MMAP)**

If you have questions or would like to make changes to your current plan or you are aging in and need to sign up, call to make an appointment with our MMAP Counselor, Cindi Groulx  
Cindi will help you with:  
\*Understanding costs and coverages  
\*Comparing Options  
\*Completing the enrollment process  
\* Mi Café information regarding food assistance and help

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



**Acrylic Painting**

Do you like to paint? Would you like to learn how to paint an acrylic landscape? Steve Wood says "Anyone Can Paint" and will teach you what you need to know to create a masterpiece! This is a free class to seniors 60 and older who reside in Genesee County. All others must pay \$20. Class is limited to 12 participants and all supplies are included.  
**Next class will be held Wednesday, February 21st at 9:30am**

**Water Color Painting**

Karen Aiello from the Clio Center for the Arts is at the center on the third Thursday of every month teaching us how to paint with Water Colors.  
This class is only \$5.00 and all supplies are included.  
**Thursday, February 15th at 9:30am**

**Lisa's Homemade Lunches**

are now being served FIVE DAYS A WEEK @ Thetford Senior Center for only \$5!!  
Please sign up the day before by noon to reserve your meal.  
(Menu will be subject to change)  
We also reserve the right to change meals to accommodate less than five patrons for lunch.

**FREE DRUMS ALIVE!**

Join us for this fun, energetic way of exercising. Mary Ann choreographs exercise routines to upbeat music and you get to be the drummer!!  
**Every Wednesday from 1:30pm-2:30pm**



**Genesee County  
Department of  
Veterans Services**

Veterans 50 and older, you can schedule an appointment at the Department of Veterans Services Office OR contact us to set up an appointment at one of the designated centers.

Services include:  
Disability compensation, pension benefits, federal burial benefits, VA home loans, and additional benefits such as county burial benefits, emergency need grant applications, PTSD counseling, legal services, and transportation. Appointments are scheduled and based on availability.

**UNDER THE WEATHER?**

Please Stay home! If you have the sniffles or are sneezing or coughing you may be asked to wear a mask or go home until you are better.

**SENIOR FOOD  
PANTRY**

**Must be 60 or older & reside in Genesee County. Food is distributed on a first come, first served basis.**

**\*We do not always receive food pantry items, please call ahead to see if we have pantry items available.\***

**LEGAL SERVICES  
OF EASTERN  
MICHIGAN**

**Wednesday, February 14th from 1:00pm—2:30pm by appointment**

LSEM focuses on “survival issues” - those which affect a person’s ability to obtain the basic necessities of life or which affect fundamental interests.

Some examples are:

ABUSE & NEGLECT - Physical & Emotional, Financial Exploitation, Adult Foster Care Home & Nursing Home, Unwarranted Guardianships  
CONSUMER ISSUES - Collection

Settlements, Dunning Letters to Creditors, Objections to Garnishments  
ESTATE PLANNING - Simple Wills, Deeds, Financial & Health Care Power of Attorneys

HOUSING - Evictions, Foreclosures and Utilities, Repair Problems in Rental Housing, Tenants Rights in Subsidized Housing

PUBLIC BENEFITS - Social Security, Medicaid/Medicare, Nutrition Assistance, Supplemental Security Income, Other Health Care/ Health Insurance Issues

**Mi Cafe**

If you are in need of food assistance our MMAP counselor Cindi Groulx may be able to assist you. For everyone 60 and up or disabled, the maximum monthly allowable income to apply for a Bridge Card is \$2266 for a household of one and \$3052 for a household of two. Medical, shelter, and phone expenses are then deducted. Proof of income will need to be provided. A Bridge Card will be issued if the monthly residual income is \$1870 (1) or \$2520 (2) or less. At \$1870/\$2520 the cards value will only be \$23. The lower the residual income the higher the food benefit. The maximum monthly benefit is \$281 for 1 person and \$516 for 2 people.

**APPOINTMENTS AVAILABLE ON THURSDAYS BETWEEN 9AM-3PM**

**Birthday Club!**

We will be sending out messages via phone call to wish you a Happy Birthday (during your birthday month).

That call will include an invite to enjoy a free lunch on any day you choose during the month of your birthday.

**Lunch must be dine in only and we need to know the day before your meal of choice.**

**We will also celebrate monthly birthdays with cake and ice cream the last Friday of the month. Call us to reserve your spot!**

**TOPS**

**TAKE OFF POUNDS SENSIBLY is now meeting at our center... EVERY Wednesday!**



**NEW MEMBERS ARE ALWAYS WELCOME!**

There is an annual fee of \$49 to join and is only \$5 per month thereafter. After your goal weight is achieved, the monthly fee is only \$4.

Weigh-Ins begin at 9:10am and the meeting is from 10am until 11am.

Call the center for more details!

**GCCARD FOOD COMMODITIES**

THETFORD SENIOR CENTER IS A COMMODITY DISTRIBUTION/ PICK UP SITE. GCCARD DELIVERS COMMODITIES MONTHLY . THE COMMODITY PROGRAM REQUIRES MEETING FINANCIAL GUIDELINES.

**YOU MUST PRE-REGISTER AND BE PROCESSED IN ADVANCE TO PARTICIPATE.**

**FEBRUARY PICK UP:  
WEDNESDAY, FEBRUARY 21ST  
FROM 8AM-4PM**

# FEBRUARY

**\*\*INDICATES BY APPOINTMENT ONLY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> 9:00-3:00 MMAP Counseling** <b>10:00 Rec-Connect</b> 12:00 Lunch 12:30 Hand, Knee & Foot/Samba 1:00 Basket weaving 6:00 PM Euchre	<b>2</b> 9:00 Stretching & Toning 10:00 Cribbage <b>10:00 Wii Bowling</b> 12:00 Lunch 1:00 Poker 1:00 Shanghai
<b>5</b> 8:30 Sewing Club <b>10-3 TECH TALK**</b> 10:00 Floor Yoga 12:00 Lunch 1:00 Euchre	<b>6</b> 10:00 Bible Study 10:00 Cribbage 12:00 Lunch 12:30 Bingo 1:00 Poker <b>2:00 Stitched Beading</b>	<b>7</b> <b>9:00 TOPS Meeting</b> 12:00 Lunch <b>1:00 Mexican Train Dominoes</b> 1:30 Drums Alive!	<b>8</b> 9:00-3:00 MMAP Counseling** <b>10:00 Rec-Connect</b> 12:00 Lunch 12:30 Hand, Knee & Foot/Samba 1:00 Basket weaving 6:00 PM Euchre	<b>9</b> 8:00 Food Pantry 9:00 Stretching & Toning 9:30 SWG Yahtzee 12:00 Lunch 1:00 Poker 1:00 SWG Hand, Knee, Foot 1:00 Shanghai
<b>12</b> 8:30 Sewing Club <b>10-3 TECH TALK**</b> 10:00 Floor Yoga <b>10:30 Country View Bulk Food Store</b> 12:00 Lunch 1:00 Euchre	<b>13</b> 10:00 Bible Study 10:00 Cribbage 12:00 Lunch 12:30 Bingo 1:00 Poker <b>2:00 Open Beading</b>	<b>14</b> 9:00 TOPS Meeting 12:00 Lunch <b>1:00 Dementia Caregiver Series</b> <b>1:00 Mexican Train Dominoes</b> <b>1:00 Legal Services</b> 1:30 Drums Alive!	<b>15</b> 9:00-3:00 MMAP Counseling** <b>9:30 Water Color Paint</b> <b>10:00 Rec-Connect</b> 12:00 Lunch 12:30 Hand, Knee & Foot/Samba 1:00 Basket weaving 6:00 PM Euchre	<b>16</b> 9:00 Stretching & Toning 10:00 Cribbage <b>10:00 Wii Bowling</b> 12:00 Lunch 1:00 Poker 1:00 Shanghai
<b>19</b>  <b>CLOSED FOR PRESIDENTS DAY</b>	<b>20</b> 10:00 Bible Study 10:00 Cribbage 12:00 Lunch 12:30 Bingo 1:00 Poker	<b>21</b> <b>8:00 Food Commodities</b> 9:00 TOPS Meeting <b>9:30 Acrylic Painting</b> 12:00 Lunch <b>1:00 Dementia Caregiver Series</b> <b>1:00 Mexican Train Dominoes</b> 1:30 Drums Alive!	<b>22</b> 9:00-3:00 MMAP Counseling** <b>10:00 Rec-Connect</b> 12:00 Lunch 12:30 Hand, Knee & Foot/Samba 1:00 Basket weaving 6:00 PM Euchre	<b>23</b> 8:00 Food Pantry 9:00 Stretching & Toning 10:00 Cribbage <b>10:00 Wii Bowling</b> 12:00 Lunch 1:00 Poker 1:00 Shanghai
<b>26</b> 8:30 Sewing Club <b>10-3 TECH TALK**</b> 10:00 Floor Yoga 12:00 Lunch 1:00 Euchre <b>4:30 Mystery Dinner</b>	<b>27</b> 10:00 Bible Study 10:00 Cribbage 12:00 Lunch 12:30 Bingo 1:00 Poker	<b>28</b> <b>9:00 TOPS Meeting</b> 12:00 Lunch <b>1:00 Dementia Caregiver Series</b> <b>1:00 Mexican Train Dominoes</b> 1:30 Drums Alive! <b>2:00 Card Making</b>	<b>29</b> 9:00-3:00 MMAP Counseling** 12:00 Lunch 12:30 Hand, Knee & Foot/Samba 1:00 Basket weaving 6:00 PM Euchre	

**Lisa's Lunches are now Monday through Friday!**

Lisa's Lunch is \$5.00 and require sign up the day before by noon.

You may also sign up ahead of time by signing up for the week or month.

If less than 5 patrons sign up for lunch, we may change the lunch being served.

Menu is subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1 <u>Lisa's Lunch</u></b> Chicken Salad Croissant Chips Pickle 100% Fruit Juice or Milk	<b>2 <u>Lisa's Lunch</u></b> Meatloaf Mashed Potatoes Corn Fruit 100% Fruit Juice or Milk
<b>5 <u>Lisa's Lunch</u></b> Chili Cornbread Salad Fruit 100% Fruit Juice or Milk	<b>6 <u>Lisa's Lunch</u></b> French Toast Sausage Hashbrowns Fruit 100% Fruit Juice or Milk	<b>7 <u>Lisa's Lunch</u></b> Michigan Cherry Salad w/ chicken Fresh Bread Fruit 100% Fruit Juice or Milk	<b>8 <u>Lisa's Lunch</u></b> Spaghetti Tossed Salad Garlic Bread Fruit 100% Fruit Juice or Milk	<b>9 <u>Lisa's Lunch</u></b> Sloppy Joes Baked Beans Chips 100% Fruit Juice or Milk
<b>12 <u>Lisa's Lunch</u></b> Chicken Pot Pie Salad Fruit 100% Fruit Juice or Milk	<b>13 <u>Lisa's Lunch</u></b> Beef Stew Salad Bread Fruit 100% Fruit Juice or Milk	<b>14 <u>Lisa's Lunch</u></b> Strawberry Belgian Waffle Bacon Scrambled Eggs 100% Fruit Juice or Milk	<b>15 <u>Lisa's Lunch</u></b> Grilled Ham & Cheese Tomato Soup Fruit 100% Fruit Juice or Milk	<b>16 <u>Lisa's Lunch</u></b> Mac & Cheese Stewed Tomatoes Veggie Blend Fruit 100% Fruit Juice or Milk
<b>19 <u>Lisa's Lunch</u></b>  Closed for Presidents Day	<b>20 <u>Lisa's Lunch</u></b> Taco Bake Salad Fruit 100% Fruit Juice or Milk	<b>21 <u>Lisa's Lunch</u></b> BLT Cottage Cheese Chips Fruit 100% Fruit Juice or Milk	<b>22 <u>Lisa's Lunch</u></b>  Pizza Day	<b>23 <u>Lisa's Lunch</u></b> Mahi Mahi Mac & Cheese Green Beans Fruit 100% Fruit Juice
<b>26 <u>Lisa's Lunch</u></b> Scalloped Potatoes w/Ham Cottage Cheese Fruit 100% Fruit Juice or Milk	<b>27 <u>Lisa's Lunch</u></b> Chicken Divine w/ broccoli Salad Fruit 100% Fruit Juice or Milk	<b>28 <u>Lisa's Lunch</u></b> Turkey Wrap w/avocado, tomato, and lettuce Chips Fruit 100% Fruit Juice or Milk	<b>29 <u>Lisa's Lunch</u></b> Lasagna Salad Garlic Toast Fruit 100% Fruit Juice or Milk	THANK YOU for supporting our program! ♥