

THETFORD SENIOR CENTER

April 2024

11495 North Center Road * Clio, MI * 48420

(810) 686-0630



We would like to thank our AMAZING tax volunteers for a successful 2023 tax season. Without you, there would be no program, so THANK YOU from the bottom of our hearts. We appreciate each and every one of you!

Thank you

Senior Power Day 2024

Wednesday, May 22nd 9:00am-2:00pm

Crossroads Village 6140 Bray Rd Flint

Tickets \$5.00

See us at the center for your ticket! Tickets include lunch, train ride, resources, and legislative updates that affect seniors and caregivers. Tickets available for purchase at the center until May 1st.

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

Find us online at www.thetfordtwpmi.gov

Shows, Trips and More!

Check out our 2024 Thetford Senior Center Trips!

2024 Spring Upper Peninsula 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.

Country View Bulk Food Store- Country View Bulk Food Store in Snover- Wednesday, April 24th at 10:30 am

Our 14 passenger bus will be leaving the center at 10:30 and return 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. Sign up today!

Great Lakes Loons vs. Quad Cities River Bandits at Dow Diamond Tuesday, June 18th...ONLY \$17.00!

Leave the center at 11:00 am Game time 1:05 pm. Return immediately after the game. Dow Diamond is a cashless ballpark. Please make sure you have a debit or credit card if you wish to purchase anything at the park.

We will be taking the Thetford Senior Center bus; seating is limited to 14. Must be paid in full to reserve your seat. Call us at the center at (820)686-0630 for further details or questions!

Detroit Tigers-Tentative Date June 26th We are currently waiting for an approval from the Tigers organization.

Please call us in mid April to ask if we have received that approval to sell seats. Bus will leave the center at 10:30 am and cost of tickets will be \$35.

Turkeyville presents "Escanaba in da Moonlight" - Wednesday, July 17th. Cost is \$60 per person. Dinner will

be a 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.**

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.

Activities at Thetford Senior Center April 2024

BALANCE & TONE: (Fridays at 9 am) Join our fabulous instructor Darci as she works with you to help improve your balance, gently stretch your upper body, and gain back your confidence. Spend part of the class standing and part using a chair; work at your own pace. FREE

BASKET WEAVING: (Thursdays at 1 pm) Bring your own projects and supplies; weave and share patterns and ideas with others that share the same interest. Starter kit provided for new participants; sign up needed. FREE

BIBLE STUDY: (Tuesdays from 10 am-11am) An open, non-denominational study of the scriptures using dialogue.

BINGO: (Tuesdays from 12:30pm-2pm) Play 9 games (5 regular games; 4 special games) plus a coverall. Buy one book for \$1.00 (paper cards). You may buy as many cards as you can play. All money collected is distributed as Bingo prizes. A regular Bingo wins \$1.00, a special Bingo wins \$2.00 and the coverall wins the remaining money (not to exceed \$25)

CARD MAKING: (4th Wednesday at 2 pm) All supplies included to make two cards; themes vary. Must sign up. \$5.00.

CRIBBAGE: (Tuesdays and Fridays at 10 am) Keep your mind sharp by playing Cribbage with others that love the game.

DRUMS ALIVE: (Wednesdays 1:30-2:30pm) An interactive, upbeat routine to music. Equipment supplied to first 14 people.

EUCHRE: (Mondays from 1 pm - 4 pm & Thursday from 6:00pm -9:00pm) Pay a \$2.00 entry fee plus 10¢ per euchre. Pay an extra \$1.00 to enter the optional "Lone Hand Jackpot". We play 10 games, prizes are paid to 1st, 2nd and 3rd place winners. Prize money is a 50%, 30%, 20% split of the entry fees collected. The person with the most lone hands after 10 games will win the "Lone Hand Jackpot". The "euchres" money is divided evenly amongst the number of tables that play.

FLOOR YOGA: (Mondays from 10-11am) Yoga offers physical and mental health benefits for people of all ages. Yoga improves strength, balance & flexibility, helps with back pain relief, can ease arthritis symptoms, benefits heart health, helps you manage stress and can help with more energy and brighter moods. Bring your own mat. FREE

HAND, KNEE & FOOT or SAMBA: (Thursdays at 12:30pm) A variation of "Canasta" for four players to play in partnerships. Each player has three sets of cards (the Hand, Knee and the Foot) they must play before going out. FREE

LINE DANCING: (Fridays from 10-11am beginning in May) Learn the basics of how to perform line dance steps.

MEXICAN TRAIN DOMINOES: (Wednesdays at 1pm) A fun, easy to learn game played with multiple players. We play with a double 12 set of Dominoes and play by the same rules as the "Senior Winter Games". FREE

MYSTERY DINNER: (Fourth Monday of the Month) Join us for a fun filled evening at a mystery location. You pay for your meal, bus ride is free to Genesee County residents.

POKER: (Tuesdays & Fridays at 1pm) Dealer's choice; nickel ante; 3 raise maximum. Cost: \$4.00

SCRABBLE ON THE RUN: Interactive version of Scrabble; highest scoring word at the end of the game wins a prize! May play once per day.

SEWING CLUB: (Mondays at 8:30am) Bring your own projects and use one of the center's sewing machines. FREE

SHANGHAI RUMMY: (Fridays at 1pm) Each player pays 50¢ to play which will make up the "Jackpot". A game consists of 7 hands; each one requiring a different sequence of cards. For example; the first hand you have to acquire two "Sets of 3", the second hand you need one "Set of 3" and one "Run of 4"; with each hand becoming more difficult. You may "Buy" up to three extra cards per hand; however, each "Buy" will cost 10¢. The player that goes out will win the dimes for that hand. The player with the lowest overall score at the end of the seventh hand will win the Jackpot money. COST: up to \$2.60.

STITCHED BEADING: (1st Tuesday at 2pm) An advanced beading class requiring you to follow a pattern to stitch a bracelet. A pattern will be provided; you must call ahead to get the supplies list and provide your own beads. FREE

TOPS: (Wednesdays 9:10am-11am) Taking Off Pounds Sensibly; annual fee \$49, \$5 per month. Weigh-ins at 9:10 followed by meeting from 10:00am - 11:00am.

WATER COLOR PAINTING: (3rd Thursday at 9:30am) Karen from the Clio Center for the Arts will teach you how to create a beautiful painting using water color paints. You will learn many different Water Color techniques that will help bring your painting to life. All supplies are included. Some examples are displayed at the center. Only \$5.00; MUST sign up.

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

WIRE BEADING: (2nd Tuesday at 2pm) An opportunity to share patterns, exchange beads, meet new friends and make jewelry together. FREE

ZUMBA GOLD: (Mondays 12:45pm-1:45pm) Music and movements that will improve endurance, posture, coordination, help prevent age-related bone loss, improve mood and overall sense of wellness. FREE

Line Dancing!

Line Dancing is coming to Thetford Senior Center! Starting Friday, May 1st from 10-11am, Katie will be teaching for a drop in fee of \$3.00. This class will start from the basics and get you moving to all kinds of fantastic music from around the world! The physical and cognitive benefits of line dancing will help keep you healthier as you age; it improves agility, helps with both balance and coordination, increases flexibility, stability and endurance. Memorizing steps improves neural connectivity, increasing the number of connections within the brain, by using multiple brain functions at the same time! Line dancing is great for you AND it's a ton of fun so come join us!! Class will take place at the township hall unless otherwise stated.



“NAME YOUR PRICE” RUMMAGE SALE

plus

Blooms & Crafts Plant Swap and Craft Show

Saturday May 18th from 9am-5pm

Sunday, May 19th from 10am-4pm

IT'S 3 EVENTS IN ONE!

Our annual “Name Your Price” rummage sale will be located inside the Thetford Township Hall. Items will not be marked, you just make a donation! We are also accepting donations of your unwanted household items. No clothes please. Sloppy Joes and Hot Dogs will be available for purchase both days.

The Blooms & Crafts Plant Swap and Craft show will be located at the Pavilion across the street from the Township Hall. Share some of your favorite perennials, seeds, bulbs or house plant starters in exchange for something you might not have or need more of. You can shop with various craft vendors that will be on site as well. Times for Plant swap and craft show is from 10am-4pm on Saturday and 11am-4pm on Sunday. If you are interested in being a vendor please contact the center at (810) 686-0630.

THE LEARNING KITCHEN

Beginning in April, a new education series will be held at Thetford Senior Center.

The Learning Kitchen is a 6-week nutrition education class that goes over topics such as sugar, salt, meal planning, etc.

We will have weekly recipe tastings and everything will be supplied for you.

Class dates are on Thursdays starting April 4th through May 9th from 10-11 am.

Call us today to sign up!

Zumba Gold

We are very excited to offer Zumba Gold!

This will be a **free-to-you**, weekly class with easy to follow health boosting moves. Through lower impact and modified levels of movement, participants can help prevent age-related bone loss, increase muscle strength, improve mood and overall wellness and more.

Classes are held on Mondays from 12:45-1:45pm unless the center is closed.

Hope to see you there!



Scrabble on the Run!

Robert Hayes was our February winner with a high word score of 29! Congrats, Robert!

Tech Talk with April!

Available by appointment on Mondays from 10am-3pm. Get help with your phone or laptop, smart watch and more. Call to schedule an appointment.

Interested in Wood Carving?

We have a local artist willing to share his talent of wood-carving with you! Classes will not begin until we have students interested; classes will be on Thursdays from 9-11am. Call us if you'd like more information!

Mexican Train Dominoes

A fun, easy to learn game played with multiple players. We play with a double 12 set of and play by the same rules as the “Senior Winter Games” dominoes.



**Genesee County
Department of
Veterans Services**

*Strengthening the lives of
Genesee County Veterans
and their families through
compassionate service,
supportive resources, and
professional advocacy.*

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.

You can schedule an appointment at one of the following designated senior activity centers to assure you are receiving all of the benefits you are entitled to.

Clio Senior Center
(810) 687-7260

Davison Senior Center **
(810) 658-1566

Flushing Senior Center**
(810) 659-4735

Grand Blanc Center **
(810) 695-3202

Loose Senior Center
(810) 735-9406

Swartz Creek Center**
(810) 635-4122

(**Appointments available every other month)

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.

**APRIL PICK UP:
WEDNESDAY, APRIL 17TH
FROM 8AM-4PM**

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**

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. We also have some adult diapers and supplies.

We only ask that you fill out our waiver to borrow items, and bring items back to us when you're done.

**LEGAL SERVICES
OF EASTERN
MICHIGAN**

**Wednesday, April 10th 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

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



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 any Thursday of the month from 1-3pm 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

**Thetford Senior Center
Lunch Program**

**We serve homemade lunches Monday thru Friday for only \$5!!
We do take outs as well.
We just need to know the day before you would like lunch to secure your meal.
Call us today!**

APRIL

****INDICATES BY APPOINTMENT ONLY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:30 Sewing Club 10-3 Tech Talk** 10:00 Floor Yoga 12:00 Lunch 12:45 Zumba Gold 1:00 Euchre	2 10:00 Bible Study 10:00 Cribbage 12:00 Lunch 12:30 Bingo 1:00 Poker 2:00 Stitched Beading	3 9:00 TOPS Meeting 12:00 Lunch 1:00 Mexican Train Dominoes 1:30 Drums Alive!	4 9:00-3:00 MMAP Counseling** 10-11 Learning Kitchen 12:00 Lunch 12:30 Hand, Knee & Foot/Samba 1:00 Basket weaving 6:00 PM Euchre	5 9:00 Balance & Tone 10:00 Cribbage 10:00 Wii Bowling 12:00 Lunch 1:00 Poker 1:00 Shanghai
8 8:30 Sewing Club 10-3 Tech Talk** 10:00 Floor Yoga 12:00 Lunch 12:45 Zumba Gold 1:00 Euchre	9 10:00 Bible Study 10:00 Cribbage 12:00 Lunch 12:30 Bingo 1:00 Poker 2:00 Wire Beading	10 9:00 TOPS Meeting 12:00 Lunch 1:00 Legal Services 1:00 Mexican Train Dominoes 1:30 Drums Alive!	11 9:00-3:00 MMAP Counseling** 10-11 Learning Kitchen 12:00 Lunch 12:30 Hand, Knee & Foot/Samba 1:00 Basket weaving 6:00 PM Euchre	12 9:00 Balance & Tone 10:00 Cribbage 10:00 Wii Bowling 12:00 Lunch 1:00 Poker 1:00 Shanghai
15 8:30 Sewing Club 10-3 Tech Talk** 10:00 Floor Yoga 12:00 Lunch 12:45 Zumba Gold 1:00 Euchre	16 10:00 Bible Study 10:00 Cribbage 12:00 Lunch 12:30 Bingo 1:00 Poker	17 8:00 Food Commodities 9:00 TOPS Meeting 10:30 Saganing Casino 12:00 Lunch 1:00 Mexican Train Dominoes 1:30 Drums Alive!	18 9:00-3:00 MMAP Counseling** 9:30 Water Color Paint 10-11 Learning Kitchen 12:00 Lunch 12:30 Hand, Knee & Foot/Samba 1:00 Basket weaving 6:00 PM Euchre	19 9:00 Balance & Tone 10:00 Cribbage 10:00 Wii Bowling 12:00 Lunch 1:00 Poker 1:00 Shanghai
22 8:30 Sewing Club 10-3 Tech Talk** 10:00 Floor Yoga 12:00 Lunch 12:45 Zumba Gold 1:00 Euchre 4:30 Mystery Dinner	23 10:00 Bible Study 10:00 Cribbage 12:00 Lunch 12:30 Bingo 1:00 Poker	24 9:00 TOPS Meeting 10:30 Country View 12:00 Lunch 1:00 Mexican Train Dominoes 1:30 Drums Alive! 2:00 Card Making	25 9:00-3:00 MMAP Counseling** 10-11 Learning Kitchen 12:00 Lunch 12:30 Hand, Knee & Foot/Samba 1:00 Basket weaving 6:00 PM Euchre	26 9:00 Balance & Tone 10:00 Cribbage 10:00 Wii Bowling 12:00 Lunch 1:00 Poker 1:00 Shanghai
29 8:30 Sewing Club 10-3 Tech Talk** 10:00 Floor Yoga 12:00 Lunch 12:45 Zumba Gold 1:00 Euchre	30 10:00 Bible Study 10:00 Cribbage 12:00 Lunch 12:30 Bingo 1:00 Poker			

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
<p>1 <u>Lisa's Lunch</u> Grilled Cheese Tomato Soup Cottage Cheese Fruit 100% Fruit Juice or Milk</p>	<p>2 <u>Lisa's Lunch</u> Soft Tacos Spanish Rice Refried Beans Fruit 100% Fruit Juice or Milk</p>	<p>3 <u>Lisa's Lunch</u> Goulash Tossed Salad Garlic Bread Applesauce 100% Fruit Juice or Milk</p>	<p>4 <u>Lisa's Lunch</u> Michigan Cherry Salad Fresh Bread Fruit 100% Fruit Juice or Milk</p>	<p>5 <u>Lisa's Lunch</u> Meatloaf Mashed Potatoes Corn Fruit 100% Fruit Juice or Milk</p>
<p>8 <u>Lisa's Lunch</u> Beef Stroganoff Brussel Sprouts Applesauce 100% Fruit Juice or Milk</p>	<p>9 <u>Lisa's Lunch</u> Chicken Pot Pie Salad Fruit 100% Fruit Juice or Milk</p>	<p>10 <u>Lisa's Lunch</u> Club Sandwich Chips Pickle Fruit 100% Fruit Juice or Milk</p>	<p>11 <u>Lisa's Lunch</u> Cowboy Casserole with ground beef, potatoes, cheese Green Beans Tossed Salad Fruit 100% Fruit Juice or Milk</p>	<p>12 <u>Lisa's Lunch</u> Spaghetti Tossed Salad Garlic Bread Jello w/Fruit 100% Fruit Juice or Milk</p>
<p>15 <u>Lisa's Lunch</u> Chili Dogs Tater Tots Pickle Fruit 100% Fruit Juice or Milk</p>	<p>16 <u>Lisa's Lunch</u> Tater Tot Casserole w/chicken and veggies Tossed Salad Fruit 100% Fruit Juice or Milk</p>	<p>17 <u>Lisa's Lunch</u> Chefs Salad Fresh Bread Fruit 100% Fruit Juice</p>	<p>18 <u>Lisa's Lunch</u> Pizza Day</p>	<p>19 <u>Lisa's Lunch</u> BBQ Chicken Baked Potato Green Beans Fruit 100% Fruit Juice or Milk</p>
<p>22 <u>Lisa's Lunch</u> Scrambled Eggs Sausage Bacon Fruit 100% Fruit Juice or Milk</p>	<p>23 <u>Lisa's Lunch</u> Taco Bake Salad Fruit 100% Fruit Juice or Milk</p>	<p>24 <u>Lisa's Lunch</u> Turkey Wrap w/avocado, tomato, and lettuce Cottage Cheese Chips Fruit 100% Fruit Juice or Milk</p>	<p>25 <u>Lisa's Lunch</u> Polish Sausage and Sauerkraut Fried Potatoes Green Beans Fruit 100% Fruit Juice or Milk</p>	<p>26 <u>Lisa's Lunch</u> BLT Macaroni Salad Fruit 100% Fruit Juice or Milk</p>
<p>29 <u>Lisa's Lunch</u> Sloppy Joes French Fries Carrots Fruit 100% Fruit Juice or Milk</p>	<p>30 <u>Lisa's Lunch</u> Chicken Salad on Croissant Chips Cottage Cheese Fruit 100% Fruit Juice or Milk</p>			