

THETFORD SENIOR CENTER

March 2024

11495 North Center Road * Clio, MI * 48420

(810) 686-0630



Come celebrate St. Patty's Day with us!

Luncheon March 15th at Noon

Wear your green and come enjoy corned beef & cabbage,
potatoes, carrots, rye bread and a dessert
for only \$8.00!

2024 Spring Upper Peninsula Casino Tour

Wednesday, May 15th & Thursday, May 16th...ONLY \$130!!

Receive \$60 in free play & \$10 dining voucher (Based on double occupancy)
(Add \$20 for single and triple occupancy)

Stopping at the following casinos: Kewadin in St. Ignace, Bay Mills in Brimley,

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 March 29th in observance of
Good Friday*

Shows, Trips and More!

Check out our 2024 Thetford Senior Center Trips!

Casino Day Trip - Wednesday, April 17th - Saganing Casino at 10:30am

Leave the center at 10:30 am return approximately 4pm. Cost is \$10 and you get \$10 free play & \$5 dining credit. Must have 12 people signed up to receive incentives and fee must be paid upon signing up.

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, 2024.**

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 8th** and payment must be paid in full to reserve your seat.

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

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 in a dialogue format.

BINGO: (Tuesdays from 12:30pm-2:00pm) 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 collected (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. FREE

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 mean 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

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: (Dates may vary) Join us for a fun filled evening at a mystery location. You pay for your meal, bus ride is free to those in Genesee County. FREE

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

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!

SEWING CLUB: (Mondays at 8:30am) Bring your own projects and use one of the center's 10 Janome 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

STRETCHING & TONING: (Fridays at 9 am) Spend an hour stretching with Darci while using a different aide each week such as light weights, pool noodles and a cane. FREE

Recipe of the Month

Serving on March 22nd

Mom's Lasagna

- | | |
|------------------------------|-----------------------------------|
| 1 lb. ground beef | 1 tsp. dried oregano |
| 2 garlic cloves, minced | 1/2 tsp. sugar |
| 1 1/2 c. water | 1/4 tsp. pepper |
| 15 oz. can tomato sauce | 9 lasagna noodles,
cooked |
| 6 oz. can tomato paste | 2 c. small curd cottage
cheese |
| 4 c. shredded mozzarella | 2 c. grated parmesan
cheese |
| 1/2 to 1 envelope onion soup | |

In a large saucepan, cook beef and garlic over medium heat until meat is no longer pink; drain. Stir in water, tomato sauce and paste, soup mix, oregano, sugar and pepper. Bring to a boil. Reduce heat and cover; simmer for 30 minutes. Spoon 1/2 cup meat sauce into a greased 9"x13" baking dish. Layer with three noodles and a third of the cottage cheese, mozzarella cheese, meat sauce and parmesan cheese. Repeat layers twice. Cover and bake at 350 degrees for 40 minutes or until bubbly and heated through. Uncover; bake 5 to 10 minutes longer. Let stand for 10 minutes before cutting.

"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 April 4th through May 9th from 10-11 am.

Call us today to sign up!

Zumba Gold

We are excited to welcome our new instructor Kimberley who will begin teaching Zumba Gold on Monday, **March 11th from 12:45pm-1:45pm.**

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.



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!

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. Please see the rules for play at the center and ask if you have any questions.

Linda Hayes was our first winner with a high word score of 58!

Congrats, Linda!

**Genesee County
Department of
Veterans Services**

Veterans 50 and older, you can schedule an appointment at the Department of Veterans Services Office at (810)257-3458 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.

FOOD PANTRY

Must be 60 or older & reside in Genesee County. Food is distributed on a first come, first served basis. Available on the 2nd & 4th Friday of each month.

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

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 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

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.

**MARCH PICK UP:
WEDNESDAY, MARCH 20TH
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, March 13th 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.



AARP TAX-AIDE

Income Tax Preparation

We have appointments available on Thursdays for FREE Income Tax Preparation. Please call the center to make an appointment today!

MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:00 Stretching & Toning 10:00 Cribbage 10:00 Wii Bowling 12:00 Lunch 1:00 Poker 1:00 Shanghai
4 8:30 Sewing Club 10-3 Tech Talk** 10:00 Floor Yoga 12:00 Lunch 1:00 Euchre	5 10:00 Bible Study 10:00 Cribbage 12:00 Lunch 12:30 Bingo 1:00 Poker 2:00 Stitched Beading	6 9:00 TOPS Meeting 12:00 Lunch 1:00 Mexican Train Dominoes 1:30 Drums Alive!	7 8:30-3:00 Taxes** 9:00-3:00 MMAP Counseling** 12:00 Lunch 12:30 Hand, Knee & Foot/Samba 1:00 Basket weaving 6:00 PM Euchre	8 8:00 Food Pantry 9:00 Stretching & Toning 10:00 Cribbage 10:00 Wii Bowling 11:00 Soaring Eagle 12:00 Lunch 1:00 Poker 1:00 Shanghai
11 8:30 Sewing Club 10-3 Tech Talk** 10:00 Floor Yoga 12:00 Lunch 12:45 Zumba Gold 1:00 Euchre	12 10:00 Bible Study 10:00 Cribbage 12:00 Lunch 12:30 Bingo 1:00 Poker	13 9:00 TOPS Meeting 12:00 Lunch 1:00 Mexican Train Dominoes 1:00 Legal Services 1:30 Drums Alive!	14 8:30-3:00 Taxes** 9:00-3:00 MMAP Counseling** 12:00 Lunch 12:30 Hand, Knee & Foot/Samba 1:00 Basket weaving 6:00 PM Euchre	15 9:00 Stretching & Toning 10:00 Cribbage 10:00 Wii Bowling 12:00 St. Patty's Day Lunch 1:00 Poker 1:00 Shanghai
18 8:30 Sewing Club 10-3 Tech Talk** 10:00 Floor Yoga 12:00 Lunch 12:45 Zumba Gold 1:00 Euchre	19 10:00 Bible Study 10:00 Cribbage 12:00 Lunch 12:30 Bingo 1:00 Poker 2:00 Open Beading (Note date change for this month)	20 8:00 Food Commodities 9:00 TOPS Meeting 12:00 Lunch 1:00 Mexican Train Dominoes 1:30 Drums Alive!	21 8:30-3:00 Taxes** 9:00-3:00 MMAP Counseling** 9:30 Water Color Paint 12:00 Lunch 12:30 Hand, Knee & Foot/Samba 1:00 Basket weaving 6:00 PM Euchre	22 8:00 Food Pantry 9:00 Stretching & Toning 10:00 Cribbage 10:00 Wii Bowling 12:00 Lunch 1:00 Poker 1:00 Shanghai
25 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	26 10:00 Bible Study 10:00 Cribbage 12:00 Lunch 12:30 Bingo 1:00 Poker	27 9:00 TOPS Meeting 12:00 Lunch 1:00 Mexican Train Dominoes 1:30 Drums Alive! 2:00 Card Making	28 8:30-3:00 Taxes** 9:00-3:00 MMAP Counseling** 12:00 Lunch 12:30 Hand, Knee & Foot/Samba 1:00 Basket weaving 6:00 PM Euchre	29 CLOSED FOR GOOD FRIDAY

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
				<u>1 Lisa's Lunch</u> Club Sandwich Chips Pickle Fruit 100% Fruit Juice or Milk
<u>4 Lisa's Lunch</u> Grilled Ham & Cheese Tomato Soup Fruit 100% Fruit Juice or Milk	<u>5 Lisa's Lunch</u> Cheeseburger French Fries Corn Fruit 100% Fruit Juice or Milk	<u>6 Lisa's Lunch</u> Beef Stroganoff Brussel Sprouts Applesauce 100% Fruit Juice or Milk	<u>7 Lisa's Lunch</u> Cowboy Casserole Green Beans Tossed Salad Fruit 100% Fruit Juice or Milk	<u>8 Lisa's Lunch</u> Chicken Pot Pie Salad Fruit 100% Fruit Juice or Milk
<u>11 Lisa's Lunch</u> Baked Pork Chop Fried Potatoes Corn Fruit 100% Fruit Juice or Milk	<u>12 Lisa's Lunch</u> Beef Stew Salad Biscuit Fruit 100% Fruit Juice or Milk	<u>13 Lisa's Lunch</u> Chefs Salad Fresh Bread Fruit 100% Fruit Juice or Milk	<u>14 Lisa's Lunch</u> Pizza Day	<u>15 Lisa's Lunch</u> Corned Beef & Cabbage Potatoes Carrots Rye Bread Dessert Cost: \$8.00
<u>18 Lisa's Lunch</u> Spaghetti Tossed Salad Garlic Bread Fruit 100% Fruit Juice or Milk	<u>19 Lisa's Lunch</u> Chili Dogs Tater Tots Pickle Fruit 100% Fruit Juice or Milk	<u>20 Lisa's Lunch</u> BLT Broccoli & Cauliflower Salad Fruit 100% Fruit Juice or Milk	<u>21 Lisa's Lunch</u> BBQ Chicken Mac & Cheese Green Beans Fruit 100% Fruit Juice or Milk	<u>22 Lisa's Lunch</u> Mom's Lasagna Tossed Salad Garlic Bread Fruit 100% Fruit Juice or Milk
<u>25 Lisa's Lunch</u> French Toast Sausage Hashbrowns Fruit 100% Fruit Juice or Milk	<u>26 Lisa's Lunch</u> Taco Bake Salad Fruit 100% Fruit Juice or Milk	<u>27 Lisa's Lunch</u> Turkey Wrap w/avocado, tomato, and lettuce Chips Fruit 100% Fruit Juice or Milk	<u>28 Lisa's Lunch</u> Tater Tot Casserole w/ chicken Fruit 100% Fruit Juice or Milk	<u>29 Lisa's Lunch</u> CLOSED