



SHIAWASSEE COUNCIL ON AGING

Helping seniors stay independent!

www.shiawasseecoa.org

November 2024



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, November 7, 10:30 a.m.
Durand Senior Center
Site Committee

Monday, November 11, 10:30 a.m.
Owosso Senior Center
Site Committee

Wednesday, November 20, 2:00p.m.
SCOA Board of Directors
Finance Meeting 1:30 p.m.
Owosso Senior Center

Friday, November 15, 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.



FREE COMMUNITY THANKSGIVING dinner

THURSDAY, NOVEMBER 28

Dine-in from Noon to 2pm at
Shiawassee Council on Aging
300 N. Washington St., Owosso

Meals can be delivered upon request to
anyone that lives in Shiawassee County.
Call 989-723-8875 to request a delivery.

This meal is prepared by volunteers and donations from local churches and businesses with the thought of giving back to our community and blessing those in need. If you would like to volunteer or donate, contact:

Carol at 989-834-2563 (Donations)
Jason at 810-299-0358 (Volunteers)

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: *Shirley May Smith, Norma M. Campbell, Catherine Hamilton, Leon L. Barton*

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



**DON'T FORGET
TO TURN BACK
THE CLOCKS**

Don't forget to turn back your clocks on the evening of Saturday, November 2nd.

IMPORTANT Announcements

MORRICE CONGREGATE MEALS STARTING IN NOVEMBER

Starting on November 1st, the Morrice congregate meal menu will be the same as the Owosso meal menu. Please refer to the Owosso Menu to see what will be served in Morrice for congregate meals. If you have any questions, please contact Cheryl at (517) 625-4270.

PRODUCE DROP CHANGE

Due to a change in the Greater Lansing Food Bank's scheduling, they are changing our produce drop to the Wednesday of the 2nd full week of the month, starting in November. The next produce drop will be on the morning of Wednesday, November 13th.

Thanksgiving



WORD FIND

CELEBRATE
CRANBERRIES
DRUMSTICK
FEAST
FOOTBALL
GIBLETS
GRATEFUL
HOLIDAY
INDIANS

LEFTOVERS
NOVEMBER
PIE
PILGRIMS
PLATTER
PUMPKIN
STUFFING
THANKSGIVING
THURSDAY
TRADITION
TURKEY
YAMS

P	T	H	A	T	H	U	R	S	D	A	Y	N	G	K
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S	T	U	F	F	I	N	G	M	R	T	D	Y	T	M
D	R	U	M	S	T	I	C	K	S	V	N	K	L	B



OWOSSO SENIOR CENTER ACTIVITIES

NOVEMBER 2024 * 989-723-8875



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:00 EXERCISE 10:00-NOON FREE HEARING CHECKS 12:30 BINGO 	2 DAYLIGHT SAVINGS ENDS - TURN CLOCKS BACK 
3	4 10:00 EXERCISE 12:30 POKENO GAME 1:00 GRIEF SUPPORT GROUP 3:00 ALZHEIMER'S SUPPORT GROUP 	5 10:00 SMARTS ART CLASS: WATER-COLOR LEAVES - RSVP REQ'D 	6 10:00 EXERCISE 12:30 "SPECIALS ONLY" BINGO 	7	8 10:00 EXERCISE 11:00 BLOOD PRESSURE CHECKS 12:30 BINGO 	9
10	11 10:00 EXERCISE 10:30 SITE COMMITTEE MTG 12:30 POKENO GAME 	12	13 PRODUCE DROP 10:00 EXERCISE 12:30 GAMES 5:00 PARKINSONS SUPPORT GROUP 	14	15 10:00 EXERCISE 10:00-NOON FREE HEARING CHECKS 12:30 BINGO 	16
17	18 10:00 EXERCISE 12:30 POKENO GAME 1:00 GRIEF SUPPORT GROUP 	19 10:00 SMARTS ART CLASS: ART ROCKS! - RSVP REQ'D 	20 10:00 EXERCISE 12:30 GAMES 1:30 SCA FINANCE MEETING 2:00 SCA BOARD MEETING 	21	22 10:00 EXERCISE 11:00 BLOOD PRESSURE CHECKS 12:30 BINGO 	23
24	25 9:00-12:00 CRAFT & BAKE SALE 10:00 EXERCISE 12:30 POKENO GAME 	26 10:30 THANKSGIVING PARTY	27 10:00 EXERCISE CLOSING AT 2PM	28 CLOSED HAPPY THANKSGIVING DAY 	29 CLOSED	30

ALL PROGRAM ACTIVITIES ARE SUBJECT TO CHANGE



OWOSSO/MORRICE CENTER LUNCH MENU

NOVEMBER 2024 * 989-723-8875 * 517-625-4270



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 WHITE CHICKEN CHILI SIDE SALAD FRUIT BREADSTICK	2
3	4 ORANGE CHICKEN RICE PEAS & CARROTS FRUIT EGG ROLL	5 2 BEEF TACOS SPANISH RICE REFRIED BEANS FRUIT	6 BEEF POT ROAST POTATOES & CARROTS FRUIT ROLL	7 CHICKEN BACON RANCH WRAP CHEESY POTATOES PRINCE CHARLES VEGGIE FRUIT	8 POLISH SAUSAGE W/ KRAUT BAKED POTATO BAKED BEANS FRUIT ROLL PUDDING	9
10	11 GOULASH W/BEEF GREEN BEANS FRUIT ROLL	12 BREAKFAST BAKE W/ HAM, CHEESE, PEP- PERS & ONIONS HASH BROWN TOMATO JUICE FRUIT BISCUIT	13 HOT HAMBURGER MASHED POTATOES W/GRAVY MIXED VEGGIES FRUIT	14 BAKED HAM W/ PINEAPPLE SWEET POTATO PEAS & CARROTS FRUIT ROLL PUDDING	15 PIZZA SUPREME TOSSED SALAD W/ TOMATO & CUCUMBER FRUIT BLUEBERRY MUFFIN	16
17	18 TUNA NOODLE CASSEROLE BAKED POTATO FRUIT ROLL	19 BAKED PORK CHOPS MASHED POTATOES W/GRAVY CARROTS APPLESAUCE DRESSING	20 OVEN FRIED CHICKEN POTATO SALAD CORN FRUIT ROLL APPLE CRISP	21 MEATLOAF SQUASH FRUIT GARLIC TOAST	22 HAWAIIAN PINEAPPLE BBQ MEATBALLS RICE BROCCOLI PINEAPPLE ROLL	23
24	25 PHILLY STEAK SUB MACARONI SALAD TOMATO & CUCUMBER ONION SALAD FRUIT	26 ROAST TURKEY MASHED POTATOES W/GRAVY GREEN BEAN CASSEROLE FRUIT DRESSING ROLL PUMPKIN PIE	27 STUFFED PEPPER W/RICE BEETS FRUIT CORN MUFFIN	28 CLOSED 	29 CLOSED	30



DURAND SENIOR CENTER ACTIVITIES

NOVEMBER 2024 * 989-288-4122



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:00 COFFEE HOUR 12:00 LUNCH 1:00 SENIOR SHOW & TELL 	2 DAYLIGHT SAVINGS ENDS - TURN CLOCKS BACK 
3	4 10:00 SMARTS ART CLASS: NAPKIN RINGS 12:00 LUNCH 12:30 BINGO 2:00 YARN WITH A PURPOSE 	5 12:00 LUNCH 12:15 BLOOD PRESSURE CHECKS 12:45 ARTHRITIS EXERCISE 1:00 ANYONE CAN PAINT WITH STEVE	6 10:30 CARDIO DRUMMING 12:00 LUNCH 1:00 EXERCISE W/ MEMORIAL HEALTH 	7 10:30 SITE COMMITTEE MTG 12:00 LUNCH 12:30 BINGO 	8 9:00 COFFEE HOUR 12:00 LUNCH 1:00 COLORING GROUP 	9
10	11 12:00 LUNCH 12:30 BINGO 2:00 YARN WITH A PURPOSE 	12 12:00 LUNCH 12:45 ARTHRITIS EXERCISE	13 PRODUCE DROP 10:30 CARDIO DRUMMING 12:00 LUNCH 1:00 EXERCISE W/ MEMORIAL HEALTH 	14 12:00 LUNCH 12:30 BINGO 2:00-3:00 LEGAL SERVICES (BY APPT) 	15 9:00 COFFEE HOUR 12:00 LUNCH 12:30 FRAUD CHAT WITH PFCU 	16
17	18 10:00 SMARTS ART CLASS: SPORKY THE OWL 12:00 LUNCH 12:30 BINGO 2:00 YARN WITH A PURPOSE 	19 12:00 LUNCH 12:45 ARTHRITIS EXERCISE	20 10:30 CARDIO DRUMMING 12:00 LUNCH 1:00 EXERCISE W/ MEMORIAL HEALTH 	21 12:00 LUNCH 12:30 BINGO 	22 9:00 COFFEE HOUR 12:00 LUNCH 12:30 NOVEMBER BIRTHDAY CELEBRATION 	23
24	25 12:00 LUNCH 12:30 BINGO 2:00 YARN WITH A PURPOSE 	26 12:00 LUNCH 12:45 ARTHRITIS EXERCISE 1:00 WATERCOLOR PAINTING	27 10:30 CARDIO DRUMMING 12:00 LUNCH 1:00 EXERCISE WITH MEMORIAL HEALTH	28 CLOSED HAPPY Thanksgiving 	29 CLOSED	30

ALL PROGRAM ACTIVITIES ARE SUBJECT TO CHANGE

Watercolor Painting & Painting with Steve requires 6 people signed up, cost is \$20.00 for all supplies.

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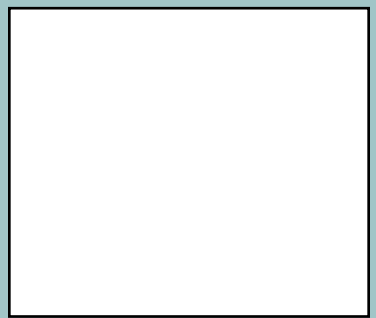
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or bensley@satabus.org



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- High Dose Influenza (65+)
- COVID-19
- Pneumonia
- Shingles
- RSV

Call **989-743-2356** to
schedule an appointment!





DURAND CENTER LUNCH MENU

NOVEMBER 2024 * 989-288-4122



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 MAC & CHEESE STEWED TOMATOES COWBOY BEANS FRUIT CORNBREAD	2
3	4 SHAKE N BAKE CHICKEN VEGGIES DICED POTATOES FRUIT DINNER ROLL	5 HOT HAM & CHEESE SANDWICH BEAN SOUP VEGGIE CRACKERS	6 MEATLOAF COLESLAW SWEET POTATOES ROLL FRUIT CRISP	7 FRENCH TOAST BAKE BACON HASHBROWN TOMATO JUICE FRUIT	8 HOT TURKEY SANDWICH MASHED POTATOES W/GRAVY VEGGIES FRUIT	9
10	11 VEGGIE PIZZA TOSSED SALAD W/ EGG FRUIT BREADSTICK	12 CHICKEN POT PIE W/ PEAS & CARROTS PRINCE WILLIAM VEGGIES FRUIT	13 BREAKFAST BAKE W/HAM, CHEESE, ONIONS & PEPPERS HASHBROWN TOMATO JUICE FRUIT BISCUIT	14 TURKEY & RICE SOUP COTTAGE CHEESE COLESLAW CRACKERS FRUIT	15 TUNA NOODLE CASSEROLE PEAS & CARROTS VEGGIES BREAD & BUTTER FRUIT	16
17	18 PULLED PORK SAND- WICH MACARONI SALAD VEGGIES FRUIT BROWNIE	19 BROCCOLI & CHEDDAR SOUP CRACKERS VEGGIES BREADSTICK YOGURT FRUIT	20 SPAGHETTI & MEATBALLS MIXED VEGGIES GARLIC TOAST FRUIT	21 TURKEY SALAD CROISSANT W/ CELERY & ONIONS PEPPER STRIPS FRUIT PUDDING	22 CHICKEN BROCCOLI RICE CASSEROLE CARROTS FRUIT ROLL	23
24	25 CHILI W/GROUND BEEF & BEANS TOSSED SALAD FRUIT CORNBREAD	26 SAUSAGE GRAVY W/ BISCUIT SCRAMBLED EGGS HASHBROWN TOMATO JUICE FRUIT	27 TURKEY STUFFING GREEN BEAN CASSEROLE MASHED POTATOES W/GRAVY CRANBERRY SAUCE CAKE	28 CLOSED HAPPY THANKSGIVING DAY	29 CLOSED	30

**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

NOVEMBER 2024 * 517-625-4270



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:00 CARDS & GAMES NOON LUNCH 	2 BAKE SALE 11AM-1PM SUNOCO IN PERRY TURN CLOCKS BACK
3	4 NOON LUNCH 12:30 BINGO 1:30 EUCHRE 	5 9:30 EXERCISE 10:15 COFFEE CHAT 5:30 EUCHRE 	6 NOON LUNCH 12:30 SMARTS ART CLASS: ART ROCKS! 1:00 SILVER SNEAKERS 	7 9:30 EXERCISE 10:30-11:15 YOGA 	8 10:00-12:00 FREE HEARING CHECKS 10:00 CARDS & GAMES NOON LUNCH 	9
10	11 NOON LUNCH 12:30 BINGO 1:30 EUCHRE 	12 9:30 EXERCISE 10:15 COFFEE CHAT 5:30 EUCHRE 	13 PRODUCE DROP NOON LUNCH 1:00 SILVER SNEAKERS 	14 9:30 EXERCISE 10:30-11:15 YOGA 	15 8:00AM-9:00PM BUCK POLE 10:00 CARDS & GAMES 11:00 SITE COMMITTEE MEETING NOON LUNCH 	16
17	18 NOON LUNCH 12:30 BINGO 1:30 EUCHRE 	19 9:30 EXERCISE 10:15 COFFEE CHAT 5:30 EUCHRE 	20 NOON LUNCH 12:30 SMARTS ART CLASS: MANDALA DOT ART 1:00 SILVER SNEAKERS 	21 9:30 EXERCISE 10:30-11:15 YOGA 	22 10:00 CARDS & GAMES NOON LUNCH 	23
24	25 NOON LUNCH 12:30 BINGO 1:30 EUCHRE 	26 9:30 EXERCISE 10:15 COFFEE CHAT 5:30 EUCHRE 	27 NOON LUNCH 1:00 SILVER SNEAKERS 	28 CLOSED 	29 CLOSED	30

ALL PROGRAM ACTIVITIES ARE SUBJECT TO CHANGE

—SMARTS—

Shiawassee Mobile ART for Seniors Program

NOVEMBER 2024 SCHEDULE

Shiawassee Arts Center

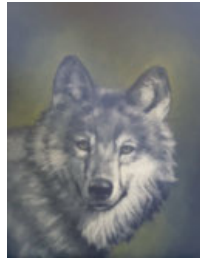
206 Curwood Castle Dr., Owosso

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

RSVP to 989-723-8354

November 11 - Glazing Clay Pumpkins - Put the finish stain and glaze on clay pumpkins that were created at the October 7th class. No need to register, all participants from the October 7th class are signed up for this class. Pumpkins will be fired a second time and available the next week. Marie Gougeon, *Artist/Instructor*

November 25 - Gray Wolf - Create a portrait of the enigmatic gray wolf. We will focus on learning how to layer and blend with a mix of white chalk and erasable color pencils. Philip Ruehle, *Artist/Instructor*



Morrice Senior Center

Wednesdays 12:30 p.m.—2:00 p.m.

RSVP to 517-625-4270

November 6 - Kindness Art Rocks! - As the trend of painting kindness rocks has spread, it has many derivatives but remains true to its original intention of spreading kindness. Painting rocks can be a therapeutic experience and is a fun activity for all ages. Linda Justice, *Artist/Instructor*

November 20 - Mandala Dot Paintings - Mandalas, with their rich history spanning from India to the Americas, have been symbols of unity, eternity and wholeness. Create a mini Mandala painting or ornaments with dotting tools, using acrylic paint on wood. Linda Justice, *Artist/Instructor*



Seniors can receive one free class during their birthday month!

Owosso Senior Center

Tuesdays 10:00 a.m.—11:30 a.m.

RSVP to 989-723-8875

November 5 - The Leaves Have Fallen - A simple watercolor leaf mini painting using easy watercolor techniques to create a realistic fall leaf with a tiny critter peeking out from under. It may be a little mouse, a chipmunk, a lady bug or whatever your imagination desires. Paintings will include an 8x10 mat so that it may be framed. Linda Van Cise, *Artist/Instructor*.



November 19 - Kindness Art Rocks! - As the trend of painting kindness rocks has spread, it has many derivatives but remains true to its original intention of spreading kindness. Painting rocks can be a therapeutic experience and is a fun social-emotional activity for all ages. Dorothy Neaton, *Artist/Instructor*

Durand Senior Center

Mondays 10:00 a.m.—11:30a.m.

RSVP to 989-288-4122

November 4 - Fall Napkin Rings - Give thanks this season with fall inspired napkin rings. Paint wood leaves in autumn colors and string with wooden beads on elastic cord for a colorful set of four napkin rings. Dorothy Neaton, *Artist/Instructor*.



November 18 - Sporky the Owl - Create a whimsical owl by hot gluing a spoon and two forks onto an 8x10 slice of wood. With canning jar lid eyes, it's up to you how "wise" eyed your owl looks! Dorothy Neaton, *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



If you've got questions about your Medicare coverage, the MMAP - (Medicare/Medicaid Assistance Program) has answers. MMAP helps you understand Medicare Plans, and in most cases can help you enroll into one. We offer personal assistance at no charge.

If you are new to Medicare, or if you need to speak with a MMAP counselor during Open Enrollment Period, call 1-800-803-7174 to speak to a counselor. Or, if you are in the Owosso/Corunna area, you can reach out to Certified MMAP Counselor Deana at the Owosso Center.



Misleading digital ads, commercials and mailings can sometimes seem like they're from Medicare. Always look for an official government logo, a message from the Department of Health and Human Services, or the official Medicare phone number (1-800-MEDICARE) to make sure the information in the ad is trustworthy. You can always go directly to [medicare.gov](https://www.Medicare.gov) for official information.

Scammers have many clever tricks to try to get your Medicare number, but you can outfox them. If an unexpected caller asks for your Medicare number, hang up and report it to 1-800-MEDICARE.



Find and compare different types of Medicare providers in your area: Check out www.Medicare.gov/care-compare/

Whether you're looking for a doctor, hospital, home health services, or other care, you can compare your options based on location, services, patient care quality, and more.

Shiawassee Council on Aging
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Owosso, MI 48867

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**ALL SCOA CENTERS WILL BE CLOSED ON THURSDAY,
NOVEMBER 28TH AND FRIDAY, NOVEMBER 29TH.**

**IF YOU ARE INTERESTED IN ADVERTISING ON THE BACK OF OUR
NEWSLETTER, PLEASE CALL APRIL AT 989-720-4331.**

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

