

SHIAWASSEE COUNCIL ON AGING

Helping seniors stay independent!

www.shiawasseecoa.org

December 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, December 5, 10:30 a.m.
Durand Senior Center
Site Committee

Monday, December 9, 10:30 a.m.
Owosso Senior Center
Site Committee

Wednesday, December 18, 2:00p.m.
SCOA Board of Directors
Finance Meeting 1:30 p.m.
Durand Senior Center

Wednesday, December 18, 12:30 p.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.

Christmas Dinner

ANGELS HANDS
SPONSORED EVENT

WEDNESDAY, DECEMBER 25TH, 2024

DINE-IN FROM NOON UNTIL 2PM AT THE
SHIAWASSEE COUNCIL ON AGING
300 N. WASHINGTON ST., OWOSSO

NEED A MEAL DELIVERED?

TO REQUEST A MEAL DELIVERY TO
ANYONE IN SHIAWASSEE COUNTY
CALL 989-723-8875



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:

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



OWOSSO

Friday, December 27th
10:30am

DURAND

Monday, December 23rd
12:00pm

MORRICE

Friday, December 27th
12:00pm

Please RSVP at the center you plan on attending.

PRESCRIPTION TAKE BACK

The Shiawassee Prevention Network will be holding a Prescription Take Back event at the Owosso Senior Center on Wednesday, December 11th, from 10:30AM to 12:30PM.

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

Sudoku

Answers on pg. 9

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: ★★☆☆☆



OWOSSO SENIOR CENTER ACTIVITIES

DECEMBER 2024 * 989-723-8875



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10:00-3:00 MOBILE SECRETARY OF STATE - BY APPT 10:00 EXERCISE 12:30 POKENO 1:00 GRIEF SUPPORT GROUP 3:00 ALZHEIMER'S SUPPORT GROUP	3 10:00 SMARTS ART CLASS - RSVP REQ'D 	4 9:30-12:00 LEGAL AIDE BY APPT 10:00 EXERCISE 12:30 GAMES 	5	6 10:00 EXERCISE 10:00-NOON FREE HEARING CHECKS 12:30 BINGO  	7
8	9 10:00 EXERCISE 10:30 SITE COMMITTEE MTG 12:30 POKENO 	10	11 PRODUCE DROP 10:00 EXERCISE 10:30-12:30 DRUG TAKE BACK 12:30 GAMES 5:00 PARKINSONS SUPPORT GROUP 	12	13 10:00 EXERCISE 11:00 BLOOD PRESSURE CHECKS 12:30 BINGO  	14
15	16 10:00 EXERCISE 12:30 POKENO 	17 10:00 SMARTS ART CLASS - RSVP REQ'D 	18 10:00 EXERCISE 12:30 GAMES	19	20 10:00 EXERCISE 10:00-NOON FREE HEARING CHECKS 12:30 BINGO  	21
22	23 10:00 EXERCISE 12:30 POKENO 	24	25	26	27 10:00 EXERCISE 10:30 CHRISTMAS PARTY 11:00 BLOOD PRESSURE CHECKS 12:30 BINGO  	28
29	30 10:00 EXERCISE 12:30 POKENO 	31				


ALL PROGRAM ACTIVITIES ARE SUBJECT TO CHANGE



OWOSSO/MORRICE CENTER LUNCH MENU

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



Su	Mon	Tue	Wed	Thu	Fri	Sat
1	2 POLISH SAUSAGE W/ KRAUT BAKED POTATO BAKED BEANS FRUIT ROLL PUDDING	3 LASAGNA W/MEAT SAUCE ITALIAN GREEN BEANS FRUIT GARLIC BREAD	4 WHITE CHICKEN CHILI SIDE SALAD FRUIT BREADSTICK	5 BEEF TACOS SPANISH RICE REFRIED BEANS FRUIT	6 BAKED PORK CHOPS MASHED POTATOES W/GRAVY CARROTS APPLESUACE DRESSING	7
8	9 PHILLY STEAK SUB MACARONI SALAD TOMATO & CUCUMBER ONION SALAD FRUIT	10 BREAKFAST BAKE W/ HAM, CHEESE, PEPPERS & ONIONS HASH BROWNS TOMATO JUICE FRUIT BISCUIT	11 ORANGE CHICKEN W/RICE PEAS & CARROTS FRUIT EGG ROLL	12 BAKED HAM W/ PINEAPPLE SWEET POTATO PEAS & CARROTS FRUIT ROLL PUDDING	13 BEEF STEW STEW VEGGIES COLESLAW FRUIT BISCUIT	14
15	16 CHICKEN BACON RANCH WRAP CHEESY POTATOES PRINCE CHARLES VEGGIES FRUIT	17 GOULASH W/BEEF GREEN BEANS FRUIT ROLL	18 PIZZA SUPREME TOSSED SALAD W/ LETTUCE, TOMATO & CUCUMBER FRUIT BLUEBERRY MUFFIN	19 HAWAIIAN PINEAPPLE BBQ MEATBALLS RICE BROCCOLI PINEAPPLE ROLL	20 OVEN FRIED CHICKEN POTATO SALAD CORN FRUIT ROLL APPLE CRISP	21
22	23 BEEF SHEPARD PIE W/MASHED POTATOES MIXED VEGGIES FRUIT ROLL	24 <b style="color: red; text-decoration: underline;">CLOSED	25 <b style="color: red; text-decoration: underline;">CLOSED 	26 CHICKEN NOODLE CASSEROLE W/ CARROTS & CELERY GREEN BEANS FRUIT ROLL	27 ROAST PORK LOIN MASHED POTATOES W/GRAVY BABY CARROTS DRESSING FRUIT ROLL CHEESECAKE	28
29	30 BAKED SPAGHETTI W/BEEF & CHEESE ITALIAN BEANS FRUIT BREADSTICK	31 <b style="color: red; text-decoration: underline;">CLOSED			<b style="color: red;">MEALS MAY CHANGE ON SHORT NOTICE DUE TO FOOD SUPPLY SHORTAGES	



DURAND SENIOR CENTER ACTIVITIES

DECEMBER 2024 * 989-288-4122



Sun

Mon














Tue

Wed

Thu

Fri

Sat

1	2 10:00 SMARTS ART CLASS 12:00 LUNCH 12:30 BINGO 2:00 YARN WITH A PURPOSE 	3 12:00 LUNCH 1:00 PAINTING WITH STEVE	4 10:30 CARDIO DRUMMING 12:00 LUNCH 1:00 EXERCISE W/ MEMORIAL	5 10:30 SITE COMMITTEE MEETING 12:00 LUNCH 12:30 BINGO SPONSORED BY GENESEE GARDENS 	6 9:00 COFFEE HOUR 12:00 LUNCH 1:00 CRAFTING WITH LINDA 	7
8	9 12:00 LUNCH 12:30 BINGO 2:00 YARN WITH A PURPOSE 	10 12:00 LUNCH 12:15 BLOOD PRESSURE CHECKS 1:00 QUILTING WITH SANDY	11 PRODUCE DROP 10:30 CARDIO DRUMMING 12:00 LUNCH 1:00 EXERCISE W/ MEMORIAL 	12 12:00 LUNCH 12:30 BINGO SPONSORED BY ADVISACARE 	13 9:00 COFFEE HOUR 10:00 HEARING CHECKS WITH TONI 12:00 LUNCH 	14
15	16 10:00 SMARTS ART CLASS 12:00 LUNCH 12:30 BINGO 2:00 YARN WITH A PURPOSE 	17 12:00 LUNCH 1:00 CARDS	18 10:30 CARDIO DRUMMING 12:00 LUNCH 1:00 EXERCISE W/ MEMORIAL 1:30 SCA FINANCE MEETING 2:00 SCA BOARD MEETING	19 12:00 LUNCH 12:30 BINGO SPONSORED BY AME/FIRST HOSPICE 	20 9:00 COFFEE HOUR 10:00-3:00 MOBILE SECRETARY OF STATE BY APPT. 12:00 LUNCH 	21
22	23 12:00 LUNCH & CHRISTMAS CELEBRATION 12:30 BINGO 2:00 YARN WITH A PURPOSE 	24 <u>CLOSED</u>	25 <u>CLOSED</u> 	26 12:00 LUNCH 12:30 BINGO 	27 9:00 COFFEE HOUR 12:00 LUNCH & BIRTHDAY CELEBRATION 	28
29	30 12:00 LUNCH 12:30 BINGO 2:00 YARN WITH A PURPOSE 	31 <u>CLOSED</u>				

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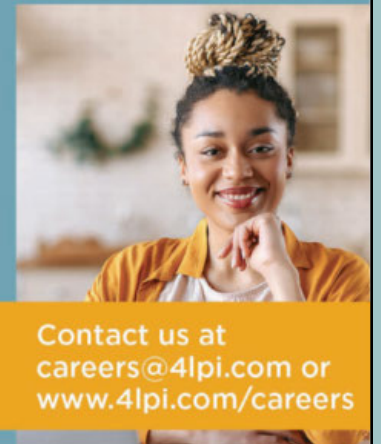
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- High Dose Influenza (65+)
- COVID-19
- Pneumonia
- Shingles
- RSV

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schedule an appointment!






DURAND CENTER LUNCH MENU

DECEMBER 2024 * 989-288-4122



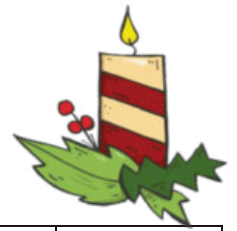
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 CHICKEN BACON RANCH WRAP W/ CHEESE, LETTUCE & TOMATO MARINATED CUCUMBERS POTATO SALAD FRUIT COOKIE	3 SAUSAGE GRAVY W/ BISCUIT BOILED EGG HASHBROWN TOMATO JUICE FRUIT	4 BAKED POTATO W/ BACON, CHEESE & CHIVES BEETS CORN FRUIT BREADSTICK	5 REUBEN BAKE W/ CORNED BEEF BAKED BEANS FRUIT	6 MAC & CHEESE STEWED TOMATOES COWBOY BEANS FRUIT CORNBREAD	7
8	9 CHEF SALAD W/ TURKEY, EGG, CHEESE, TOMATO & CUCUMBER FRUIT BREADSTICK	10 MEATLOAF COLESLAW SWEET POTATOES ROLL FRUIT CRISP	11 CHICKEN BROCCOLI RICE CASSEROLE CARROTS FRUIT ROLL	12 VEGGIE PIZZA TOSSED SALAD W/ EGG FRUIT BREADSTICK	13 FISH SANDWICH BRUSSEL SPROUTS FRUIT	14
15	16 HOT HAM & CHEESE SANDWICH BEAN & HAM SOUP W/CRACKERS VEGGIES FRUIT W/JELLO	17 SHEPHERD'S PIE W/ GROUND BEEF & GRAVY MIXED VEGGIES BROCCOLI FRUIT ROLL	18 BREAKFAST BURRITO W/ SAUSAGE, EGG & CHEESE POTATO WEDGES FRUIT	19 CHICKEN PARM W/ NOODLES & SAUCE PRINCE CHARLES VEGGIES FRUIT GARLIC BREAD	20 TURKEY MASHED POTATOES W/GRAVY MIDORI VEGGIES FRUIT ROLL	21
22	23 CHRISTMAS MEAL ROAST BEEF MASHED POTATOES W/GRAVY CORN FRUIT ROLL BROWNIE	24 <u>CLOSED</u>	25 <u>CLOSED</u> 	26 HOT TURKEY SANDWICH WITH GRAVY MASHED POTATOES VEGGIES FRUIT	27 FRENCH TOAST BAKE SAUSAGE O'BRIEN POTATOES	28
29	30 PORK CHOP MASHED POTATOES W/GRAVY CAPRI BLEND VEGGIES FRUIT GARLIC & CHEESE BISCUIT	31 <u>CLOSED</u>			MEALS MAY CHANGE ON SHORT NOTICE DUE TO FOOD SUPPLY SHORTAGES	

**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

DECEMBER 2024 * 517-625-4270



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 NOON LUNCH 12:30 BINGO 1:30 EUCHRE/ CARDS	3 9:30 EXERCISE WITH GAIL 10:15 COFFEE CHAT 5:30 EUCHRE	4 NOON LUNCH 12:30 CARDS	5 9:30 EXERCISE WITH GAIL 10:30 YOGA 	6 10:00 CARDS NOON LUNCH 	7 BAKE SALE 11AM-1PM SUNOCO IN PERRY
8	9 NOON LUNCH 12:30 BINGO 1:30 EUCHRE/ CARDS 	10 9:30 EXERCISE WITH GAIL 10:15 COFFEE CHAT 5:30 EUCHRE 	11 PRODUCE DROP NOON LUNCH 12:30 SMARTS ART CLASS - RSVP REQ'D 12:30 CARDS 	12 9:30 EXERCISE WITH GAIL 10:30 YOGA 10:00-NOON MEET WITH ATTORNEY - APPT NEEDED 	13 10:00 CARDS NOON LUNCH 	14 10:00-NOON SANTA BREAKFAST
15	16 NOON LUNCH 12:30 BINGO 1:30 EUCHRE/ CARDS 	17 9:30 EXERCISE WITH GAIL 10:15 COFFEE CHAT 5:30 EUCHRE 	18 NOON LUNCH 12:30 SMARTS ART CLASS - RSVP REQ'D 12:30 SITE COM- MITTEE MEETING 	19 9:30 EXERCISE WITH GAIL 10:30 YOGA 	20 10:00 CARDS NOON LUNCH 	21
22	23 NOON LUNCH 12:30 BINGO 1:30 EUCHRE/ CARDS 	24 <u>CLOSED</u>	25 <u>CLOSED</u> 	26 9:30 EXERCISE WITH GAIL 10:30 YOGA 	27 10:00 CARDS NOON LUNCH CHRISTMAS PARTY 	28
29	30 NOON LUNCH 12:30 BINGO 1:30 EUCHRE/ CARDS 	31 <u>CLOSED</u>		 		

All PROGRAM ACTIVITIES ARE SUBJECT TO CHANGE

—SMARTS—

Shiawassee Mobile ART for Seniors Program

DECEMBER 2024 SCHEDULE

Owosso Senior Center

Tuesdays 10:00 a.m.—11:30 a.m.

RSVP to 989-723-8875

December 3 - 1225 Steam Engine -

Create a wintery, 1225 Steam Engine with acrylic on an 8x8 wrap around canvas that won't need a frame. Linda Van Cise, *Artist/Instructor*.



December 17 - Busted Out Canvas - What is a busted out canvas? It's a dynamic way to frame a picture beneath an 8x10 stretched canvas. By piercing the center of the canvas, you will peel back pieces to reveal the wintery scene behind, created with scrapbook paper. Mod podge and hot glue will be used. Dorothy Neaton, *Artist/Instructor*.

Shiawassee Arts Center

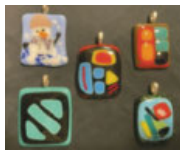
206 Curwood Castle Dr., Owosso

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

RSVP to 989-723-8354

December 9 - Glass Fused Pendants - Create two beautiful pendants or one ornament from compatible fused glass. After kiln firing, pieces may be picked up at SAC on or after December 18.

*Note special class times: 9a-10a, 10:15a-11:15a, 11:30a-12:30p, 1p-2p, 2:15p-3:15p. Linda Ruehle/Cora Walby, *Artists/Instructors*



December 16 - Spirit Animal of December - Take in the month of December with a drawing of its spirit animal, the deer. We will focus on anatomy, proportions, and blending with erasable colored pencils. Philip Ruehle, *Artist/Instructor*

Morrice Senior Center

Wednesdays 12:30 p.m.—2:00 p.m.

RSVP to 517-625-4270

December 11 - Marbleized Acrylic Paint Ornaments - Using a technique of swirling around acrylic paint inside of a clear bulb for an awesome look. If preferred, participants may paint designs or pictures on the outside of a clear bulb. Remember to bring a small box to safely transport home. Linda Justice, *Artist/Instructor*

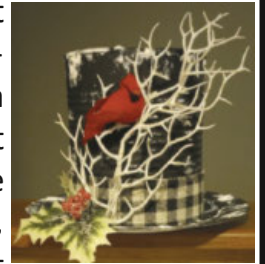
December 18 - Snowman Painting on Tree Cookie Slice - Painting an acrylic winter scene on an approximate 5x7 live edge oval piece of basswood. Linda Justice, *Artist/Instructor*

Durand Senior Center

Mondays 10:00 a.m.—11:30a.m.

RSVP to 989-288-4122

December 2 - Frosty the Snowman Hat - Frosty the snowman lost his hat, but we're going to decorate it before we give it back. Using a large tin can, we will paint it black and add a plate for the brim. Then we'll add ribbon, holly and a Cardinal with hot glue for flourishing touch. Dorothy Neaton, *Artist/Instructor*.



December 16 - Busted Out Canvas - What is a busted out canvas? It's a dynamic way to frame a picture beneath an 8x10 stretched canvas. By piercing the center of the canvas, you will peel back pieces to reveal the wintery scene behind, created with scrapbook paper. Mod podge and hot glue will be used. 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

SNOW DAYS

Please note that if three or more school districts in Shiawassee County are closed due to inclement weather, the Senior Centers will be closed. This includes all meals and activities for the day. Please watch ABC 12 News for closing information for Owosso and Durand and WLNS 6 News for the Morrice Center. You can check our Facebook pages as well for information on closures.

SECRETARY OF STATE MOBILE OFFICE

The Secretary of State Mobile Office visits our senior centers for seniors who need to complete transactions such as renewing their Driver's License, title transfer, apply for/renew disability placard, voter registration, etc.

You will need to call the center to schedule an appointment ahead of time, and we will discuss fees and what documentation you will need to bring to your appointment.

Owosso Senior Center

Monday, December 2, 2024

10am to 3pm

Call 989-723-8875 to set an appointment

Durand Senior Center

Friday, December 20, 2024

10am to 3pm

Call 989-288-4122 to set an appointment



Christmas WORD FIND

ANGEL
CANDLE
CANDY
CARDS
EGGNOG
FAMILY



HOLLY
IVY
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MISTLETOE
MUSIC



PEACE
REINDEER
SANTA
SLEIGH
STAR
TOYS



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

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

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**All SCOA buildings will be closed on
December 24th, 25th, 31st, and January 1st.**

**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

