

SHIAWASSEE COUNCIL ON AGING

Helping seniors stay independent!

www.shiawasseecoa.org

January 2025



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:

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

Monday, January 13, 10:30 a.m.
Owosso Senior Center
Site Committee

Wednesday, January 15, 2:00p.m.
SCOA Board of Directors
Finance Meeting 1:30 p.m.
Morrice Senior Center

Wednesday, January 15, 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.

Do you know about the Medicare Advantage Plan Open Enrollment Program?

It's a Medicare Open Enrollment for people who *already* have a Medicare Advantage Plan- (also known as Medicare Part C), and it runs from January 1st—March 31st. During this OEP, people can change their Part C plan one time.

Come learn about the Advantage Plan OEP season, and about how to get the most out of your Advantage Plan, and all it has to offer, presented by Deana Doan, Certified MMAPS counselor.

Jan. 8th at 12:30pm
at the Morrice Senior Center

* * * * *

Jan. 10th at 10:30am
at the Owosso Senior Center

Topics covered will include:

- Advantage Plan Open Enrollment
- Medicare Advantage Plan Part C Types
- Advantage Plan Coordination of Benefits
- Advantage Plan Wellness Rewards
- Advantage Plan OTC Benefits
- Advantage Plan Fraud Awareness
- Medicare's New Prescription Payment Plan



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: *Jacqueline Sue Holmes, Mary L. Spencer*

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

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.

Sudoku

Answers on page 9

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

		6	1					2
	5	9		6				
6								
	1		7	9	6			3
	3	5						
3	7		5				6	
		2		1		5		8
	9			2		7	1	

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DIFFICULTY: ★☆☆☆☆

SILVER SNEAKERS STABILITY

If you would like to be stronger, improve your balance, and decrease your risk of falling...Silver Sneakers Stability is for you! Protect one of your most valuable assets - your independence. A study of older adults participating in exercise classes similar to Silver Sneakers Stability showed 40% were less likely to fall and one-third were less likely to suffer a fall-related injury than non-participants.

Where: Morrice Senior Center
101 W. Mason St., Morrice

When: February 3 - March 17, 2025
No class on February 17th, 2025






Time: 11:00am-11:45am

Call (517) 625-4270 to register.



OWOSSO SENIOR CENTER ACTIVITIES

JANUARY 2025 * 989-723-8875

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 10:00 EXERCISE 12:30 BINGO 	4
5	6 10:00 EXERCISE 12:30 POKENO 1:00 GRIEF SUPPORT GROUP 3:00 ALZHEIMERS SUPPORT GROUP 	7 10:00 SMARTS ART CLASS - RSVP REQ'D 	8 10:00 EXERCISE 12:30 GAMES 5:00 PARKINSONS SUPPORT GROUP 	9	10 10:00 EXERCISE 10:30 MEDICARE ADVANTAGE PLANS PRESENTATION W/ DEANA DOAN 11:00 BLOOD PRESSURE CHECKS 12:30 BINGO 	11
12	13 10:00 EXERCISE 10:30 SITE COMMITTEE MTG 12:30 POKENO 	14	15 10:00 EXERCISE 12:30 GAMES 	16	17 10:00 EXERCISE 10:00-NOON FREE HEARING CHECKS 12:30 BINGO 	18
19	20 10:00 EXERCISE 12:30 POKENO 1:00 GRIEF SUPPORT GROUP 	21 10:00 SMARTS ART CLASS - RSVP REQ'D 	22 10:00 EXERCISE 12:30 GAMES 	23	24 10:00 EXERCISE 12:30 BINGO 	25
26	27 10:00 EXERCISE 12:30 POKENO 	28	29 10:00 EXERCISE 12:30 GAMES 	30	31 10:00 EXERCISE 12:30 BINGO 	

ALL PROGRAM ACTIVITIES ARE SUBJECT TO CHANGE

OWOSSO/MORRICE CENTER LUNCH MENU

JANUARY 2025 * 989-723-8875 * 517-625-4270

Su	Mon	Tue	Wed	Thu	Fri	Sat
			1 CLOSED	2 PULLED PORK SANDWICH MAC & CHEESE BAKED BEANS COLESLAW FRUIT HAWAIIAN FLUFF	3 MOSTACCIOLI W/ BEEF NORMANDY VEGGIE BLEND FRUIT BREAD & BUTTER	4
5	6 BAKED COD ON A BUN FRENCH FRIES COLESLAW FRUIT	7 ITALIAN SUB W/ SALAMI, HAM, CHEESE, LETTUCE, TOMATO & ITALIAN DRESSING POTATO SALAD FRUIT	8 SLOPPY JOES MACARONI SALAD CORN FRUIT JELLO	9 CHEESY POTATO SOUP 1/2 HAM SANDWICH BROCCOLI FRUIT CRACKERS	10 TURKEY POT PIE MIXED VEGGIES FRUIT BISCUIT	11
12	13 CHICKEN SALAD SANDWICH VEGETABLE SOUP CELERY & CARROTS FRUIT PUDDING	14 BOILED DINNER W/ HAM POTATOES, CARROTS & CABBAGE FRUIT ROLL JELLO	15 CHICKEN ALFREDO OVER NOODLES BROCCOLI FRUIT BREADSTICK	16 PORK ROAST W/ GRAVY MASHED POTATOES GREEN BEANS FRUIT ROLL	17 SPAGHETTI W/ SAUCE & MEAT-BALLS GREEN BEANS FRUIT GARLIC TOAST	18
19	20 BAKED MAC & CHEESE STEWED TOMATOES COWBOY BEANS FRUIT MUFFIN	21 CHICKEN STEW MIXED VEGGIES FRUIT BISCUIT	22 BAKED POTATO W/ HAM & CHEESE CAULIFLOWER & BROCCOLI FRUIT MUFFIN	23 SWEDISH MEATBALLS OVER NOODLES PRINCE CHARLES VEGGIES CARROTS & CELERY FRUIT GARLIC TOAST	24 CHILI W/BEEF TOSSED SALAD W/ TOMATO & CUCUMBER FRUIT CRACKERS	25
26	27 SALISBURY STEAK MASHED POTATOES W/GRAVY PEAS & CARROTS FRUIT ROLL PUDDING	28 HOT DOG W/CONY COWBOY BEANS CALI BLEND VEGGIES FRUIT	29 GOULASH W/BEEF GREEN BEANS FRUIT BREAD & BUTTER	30 CHICKEN BROCCOLI RICE CASSEROLE BROCCOLI FRUIT ROLL JELLO	31 SAUSAGE GRAVY W/ BISCUIT HASH BROWNS TOMATO JUICE FRESH FRUIT	

**MENU SUBJECT TO CHANGE. OWOSSO RESERVATIONS MUST BE MADE BY 9:30AM THE DAY OF!
MORRICE RESERVATIONS MUST BE MADE BY 11:00 A.M. THE DAY BEFORE IF YOU WANT TO ATTEND!**

DURAND SENIOR CENTER ACTIVITIES

JANUARY 2025 * 989-288-4122

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 CLOSED	2 12:00 LUNCH 12:30 BINGO 	3 9:00 COFFEE HOUR 12:00 LUNCH - DRESS FOR DINNER THEME 	4
5	6 10:00 SMARTS ART CLASS 12:00 LUNCH 12:30 BINGO 	7 10:30 SITE COM- MITTEE MEETING 12:00 LUNCH 12:15 BLOOD PRESSURE CHECKS 1:00 PAINTING WITH STEVE *	8 10:30 CARDIO DRUMMING 12:00 LUNCH 1:00 EXERCISE W/ MEMORIAL 	9 12:00 LUNCH 12:30 BINGO SPONSORED BY GENESEE GARDENS 	10 9:00 COFFEE HOUR 12:00 LUNCH 1:00 HOME CARE VS. HOSPICE 101 WITH JORDAN FROM ADVISACARE (NO RSVP NEEDED) 	11
12	13 12:00 LUNCH 12:30 BINGO 2:00 YARN WITH A PURPOSE 	14 12:00 LUNCH 1:00 QUILTING WITH SANDY	15 10:30 CARDIO DRUMMING 12:00 LUNCH 1:00 EXERCISE W/ MEMORIAL 	16 12:00 LUNCH 12:30 BINGO 	17 9:00 COFFEE HOUR 12:00 LUNCH 	18
19	20 10:00 SMARTS ART CLASS 12:30 BINGO 2:00 YARN WITH A PURPOSE 	21 12:00 LUNCH 1:00 CARDS	22 10:30 CARDIO DRUMMING 12:00 LUNCH 1:00 EXERCISE W/ MEMORIAL 	23 12:00 LUNCH 12:30 BINGO 	24 9:00 COFFEE HOUR 12:00 LUNCH 	25
26	27 POP CAN DRIVE 12:00 LUNCH 12:30 BINGO 2:00 YARN WITH A PURPOSE 	28 POP CAN DRIVE 12:00 LUNCH 1:00 WATERCOLOR PAINTING *	29 POP CAN DRIVE 10:30 CARDIO DRUMMING 12:00 LUNCH 1:00 EXERCISE W/ MEMORIAL 	30 POP CAN DRIVE 12:00 LUNCH 12:30 BINGO 	31 9:00 COFFEE HOUR 12:00 LUNCH & BIRTHDAY CELEBRATION 	

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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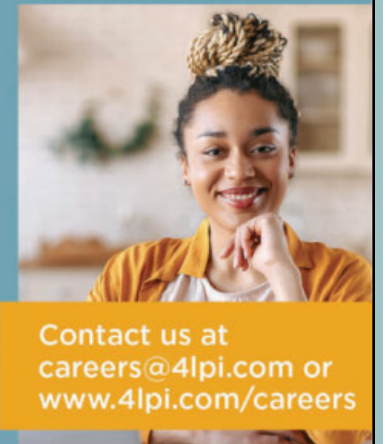
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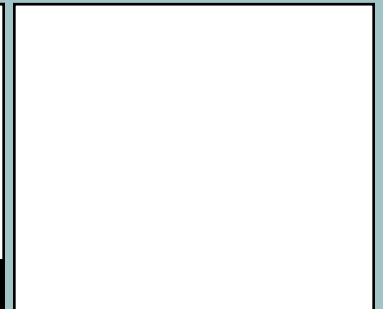
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- COVID-19
- Pneumonia
- Shingles
- RSV

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schedule an appointment!



DURAND CENTER LUNCH MENU

JANUARY 2025 * 989-288-4122

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 CLOSED	2 CHILI W/BEEF & BEANS TOSSED SALAD COTTAGE CHEESE CORNBREAD FRUIT	3 HOT TURKEY SANDWICH MASHED POTATOES W/GRAVY BROCCOLI FRUIT	4
5	6 CHICKEN SALAD SANDWICH VEGGIES FRUIT	7 TACO SALAD W/ MEAT, CHEESE & TOMATOES DORITOS FRUIT	8 TURKEY & RICE SOUP COTTAGE CHEESE COLESLAW CRACKERS	9 BAKED HAM SCALLOPED POTATOES PEAS & CARROTS FRUIT BREAD	10 FISH TACO COLESLAW 3 BEAN SALAD SPANISH RICE FRUIT	11
12	13 FRENCH TOAST BAKE SAUSAGE O'BRIEN POTATOES FRUIT	14 CHICKEN ALFREDO PRINCE CHARLES VEGGIES FRUIT	15 SHEPHERD'S PIE MIXED VEGGIES BROCCOLI FRUIT ROLL	16 TURKEY BACON WRAP MIDORI VEGGIES SWEET POTATO FRIES FRUIT	17 SUPREME PIZZA TOSSED SALAD BREADSTICK FRUIT	18
19	20 MAC & CHEESE STEWED TOMATOES COWBOY BEANS CORNBREAD FRUIT	21 BAKED POTATO W/ BACON, TURKEY & CHEESE BEETS FRUIT BREADSTICK	22 CHICKEN CAESAR WRAP W/LETTUCE, TOMATO & CHEESE CREAM CORN PUFFS FRUIT	23 MEATLOAF COLESLAW SWEET POTATOES ROLL FRUIT CRISP	24 TURKEY & CHEESE SUB W/LETTUCE & TOMATO VEGGIE SOUP FRUIT CRACKERS	25
26	27 TUNA NOODLE CASSEROLE W/PEAS & CARROTS VEGGIES FRUIT BREAD	28 SAUSAGE GRAVY W/ BISCUITS DICED POTATOES TOMATO JUICE FRUIT	29 VEGGIE STEW 1/2 ROAST BEEF SANDWICH FRUIT CRACKERS	30 CHICKEN POT PIE W/PEAS & CARROTS CAULIFLOWER FRUIT	31 BBQ RIBLET ON BUN TATER TOTS BAKED BEANS FRUIT PUDDING	

MENU SUBJECT TO CHANGE—DURAND MUST MAKE RESERVATIONS BY 9:30 AM THAT DAY!

MORRICE SENIOR CENTER ACTIVITIES

JANUARY 2025 * 517-625-4270

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 CLOSED	2 9:30 EXERCISE WITH GAIL 10:30 YOGA 	3 10:00 CARDS NOON LUNCH 12:30 Wii BOWLING 	4
5	6 NOON LUNCH 12:30 BINGO 1:30 EUCHRE/ CARDS 	7 9:30 EXERCISE WITH GAIL 10:15 COFFEE CHAT 5:30 EUCHRE 	8 NOON LUNCH 12:30 MEDICARE ADVANTAGE PLANS PRESENTATION W/ DEANA 12:30 SMARTS ART CLASS - RSVP REQ'D 	9 9:30 EXERCISE WITH GAIL 10:30 YOGA 	10 10:00 CARDS NOON LUNCH 12:30 Wii BOWLING 	11
12	13 NOON LUNCH 12:30 BINGO 1:30 EUCHRE/ CARDS 	14 9:30 EXERCISE WITH GAIL 10:15 COFFEE CHAT 5:30 EUCHRE 	15 NOON LUNCH 12:30 SITE COMMITTEE MEETING 1:30 SCOA FINANCE MEETING 2:00 SCOA BOARD MEETING	16 9:30 EXERCISE WITH GAIL 10:30 YOGA 	17 10:00 CARDS NOON LUNCH 12:30 Wii BOWLING 	18
19	20 NOON LUNCH 12:30 BINGO 1:30 EUCHRE/ CARDS 	21 9:30 EXERCISE WITH GAIL 10:15 COFFEE CHAT 5:30 EUCHRE 	22 NOON LUNCH 12:30 SMARTS ART CLASS - RSVP REQ'D 	23 9:30 EXERCISE WITH GAIL 10:30 YOGA 	24 10:00 CARDS NOON LUNCH 12:30 Wii BOWLING 	25
26	27 NOON LUNCH 12:30 BINGO 1:30 EUCHRE/ CARDS 	28 9:30 EXERCISE WITH GAIL 10:15 COFFEE CHAT 5:30 EUCHRE 	29 NOON LUNCH	30 9:30 EXERCISE WITH GAIL 10:30 YOGA 	31 10:00 CARDS NOON LUNCH 12:30 Wii BOWLING 	

All PROGRAM ACTIVITIES ARE SUBJECT TO CHANGE

—SMARTS—

Shiawassee Mobile ART for Seniors Program

JANUARY 2025 SCHEDULE

Owosso Senior Center

Tuesdays 10:00 a.m.—11:30 a.m.

RSVP to 989-723-8875

January 7 - Rock Your Smock! - Create an awesome apron for your favorite chef, for crafting, painting or baking! Linda Van Cise, *Artist/Instructor*.

January 21 - Snowplace Like Home Sign - Create a cute snowman sign for your door or wall! 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

January 13 - Watercolor Cardinal - Learn some simple watercolor techniques to paint one of our year round favorite songbirds. Lisabeth Curnow, *Artist/Instructor*



January 27 - Snowy Owl - Fly through the snowy month of January while working on a drawing of a snowy owl. Learn how to apply and blend white chalk with erasable colored pencils. Philip Ruehle, *Artist/Instructor*

Morrice Senior Center

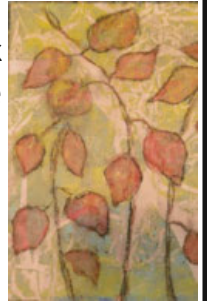
Wednesdays 12:30 p.m.—2:00 p.m.

RSVP to 517-625-4270

January 8 - Mason Jar Tea Light - Make a mason jar tea light candle holder for the wintery months ahead. Linda Justice, *Artist/Instructor*

January 22 - Watercolor Batik -

Create a faux watercolor Batik painting in the color you love, while learning a new technique. Linda Justice, *Artist/Instructor*



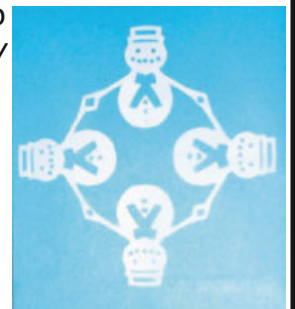
Durand Senior Center

Mondays 10:00 a.m.—11:30a.m.

RSVP to 989-288-4122

January 6 - Winter Wreath - The weather outside is frightful, so warm up your front door with a cozy winter wreath. Created with a flannel fabric wrapped around a foam circle. We will decorate the wreath with a snowman or a pair of child sized mittens. Dorothy Neaton, *Artist/Instructor*.

January 20 - Paper Snowflake Art - Catch a snowflake on your tongue or better yet, make your own paper, decorative flakes! Follow step by step instructions on how to fold and cut intricate snowmen and reindeer snowflakes that you can place in your windows. You will be pleasantly surprised by how easy it is to do! 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

HELLO WINTER

BLIZZARD

BLUE

BOOTS

DECEMBER

FEBRUARY

FIREPLACE

FROZEN

GRAY

HIBERNATE

ICICLE

JANUARY

SHOVEL

SILVERY

SKATES

SKIS

SLED

SNOW

SNOWSTORM

SWEATER

WHITE

WINTER

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



Answer to Sudoku

1	2	3	8	7	4	6	9	5
7	4	6	1	5	9	3	8	2
8	5	9	3	6	2	1	4	7
6	8	7	4	3	5	9	2	1
2	1	4	7	9	6	8	5	3
9	3	5	2	8	1	4	7	6
3	7	1	5	4	8	2	6	9
4	6	2	9	1	7	5	3	8
5	9	8	6	2	3	7	1	4

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All SCOA buildings will be closed on January 1st.

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Shiawassee Council on Aging—Morrice Senior Center: (517) 625-4270

