



# Williamston Area Senior Center



*“Add zest to your life . . . And pass the joy to others!”*



# Jan - Feb ‘23

## Activities & Events Guide



### Lunch Program

The WASC is open Monday-Thursday from 9am — 300 pm for lunch provided by the Tri County Office on Aging or area restaurants with a suggested donation of \$3.50 per meal. Please call a day in advance to make reservations for lunch at 517-655-5173. For additional information please check out the WASC newsletter or website. If you are homebound and need meals delivered to you please call Rural Ingham Meals at 517-676-2775.

### Where to find the WASC

If you are looking for current and future activities continue reading the newsletter or check out the WASC Facebook page and website. If you have any questions please call or email for more information.



Website: [www.williamstonseniorcenter.org](http://www.williamstonseniorcenter.org)

Facebook: Williamston Area Senior Center

Phone: 517-655-5173

Email: [williamstonseniorctr@gmail.com](mailto:williamstonseniorctr@gmail.com)

### Hours of Operation

Mondays — Thursdays 9:00 am — 3:00 pm

### WASC Location

The WASC meets on the third floor of the Commons, 201 School Street in Williamston, Michigan 48895.

*Handicap access and elevators are available.*

### WASC Mission

The WASC shall be a “go-to” resource where aging adults and their families find support, guidance, educational, and social programs assisting seniors 55 years of age and older for navigating life transitions, and continuing to be active, healthy, and engaged in the community.

Our mission is reflected in our motto:

*Add zest to your life and pass the joy to others.*

### WASC Purpose

The WASC shall provide educational, enrichment, health awareness, and social programs; shall serve as a resource for individuals needing assistance with medical and social service networks; and shall collaborate with other community agencies, local government, and trained professionals to meet the needs of the senior population.



### The Director's Corner



*Happy New Year!*

I wish you the best for 2023 as we turn the calendar into another year. I feel so fortunate to call so many of you my friends, and I hope for good health and happiness for each of you. As you make your resolutions and goals for the New Year, I hope that becoming more involved here at the Senior Center is one of them. Maybe you'll resolve to get out more and go on trips, learn something new at one of the many classes/workshops, become more active by attending Tai Chi, give back by volunteering, or just want to hang out and meet a new friend. We welcome you all!

I want to thank everyone for a very memorable 2022 and for helping celebrate 30 years of the Williamston Area Senior Center. I look forward to all that is to come in our new year.

Beth Schrader  
Executive Director  
wascdirector01@gmail.com

### From the President



December has been full of so many crafts, fascinating speakers and authors, musical performances, and activities such as drum circles and tai chi. Thank you, Beth, for your research and planning to keep our brains engaged and trying new things.

As we begin a new year, we're reminded of all we have experienced and treasured in the past. Many of us have had beloved spouses, sweet children, loving grandchildren, meaningful jobs and careers, and dear friends. All of these have been blessings. Let's look forward to many more blessings in 2023 as well as being a blessing to everyone we encounter!

Ray and I will see you all in April after our three months in Florida. We will miss you and all the joy we experience at the Senior Center. Have a happy 2023!

Ann Lemmen  
WASC Board President

## STAFF, BOARD, & THANKS

### Staff

**Director:** Beth Schrader

**Assistant Director:** Julie Rudd

**Kitchen Coordinator:** Mickie Manley

**Administrative Assistant:** Dawn Harris

### Board of Directors

**President:** Ann Lemmen (2023)

**Vice President:** Karleen Dimick (2025)

**Secretary:** Marilyn Thompson (2023)

**Treasurer:** Ray Lemmen (ex-officio)

### Trustees

Karen Bollman (2024)

Andrew Danowski (2024)

Sharon Basil (2023)

Mark Steinberg (2025)

Beth Zetterholm (2025)

### Community Representatives:

John Allen, Wheatfield Township

Tammy Gilroy, City of Williamston

Wilma Whitehead, Leroy Township





## SPOTLIGHT ON VOLUNTEERS!



### Our Plant Lady

Brenda George graduated from high school in Sarnia, Ontario, Canada. She continued her education in Kitchener, Ontario, where she received her nursing degree. After graduating and working for a short while, she and her cousin applied for and received their green cards to work at Cornell Hospital in New York City.

Little did she know that something so simple as joining a bowling league would significantly impact her life! See, this veterinarian, Steve Arnoczky, worked at the hospital just across the street and liked to bowl too. (Yes, he was a veterinarian working in the human hospital's orthopedics research area). Well, to make a long story short, and to keep it G-rated, they bowled, dated, fell in love, and married! Yes. She changed her last name from George to Arnoczky! – that's love!! (Short enough?)

They spent the next 23 years working at their jobs in New York and traveling. And then, in 1991 (drum roll please...), Steve got offered the Wade Brinker Endowed Professorship of Veterinary Surgery at MSU. So, they moved from New York to the Williamston area!

They bought a ten-acre home in Williamston that allowed Brenda to flex her green thumb and garden. Brenda and Steve became avid MSU hockey fans when they arrived at the university and had season tickets for 25 years. – GO GREEN! She did not go back to full-time nursing but rather worked part-time jobs or volunteered so that she could travel with her husband when he was speaking at professional conferences. (Apparently, doctors must cruise a lot to learn at professional conferences!)

Brenda became a member of the Welcome Wagon for Williamston and the Rotary, which is how she met Susie Cockerill, a WACS former president. Susie convinced Brenda to start volunteering for the center about seven years ago. In addition to volunteering one day a week, working in the kitchen, and serving, Brenda gently tends our plants.

Brenda is a member of the HELO Club, a Haslett, East Lansing, and Okemos social networking club. She currently plays bridge twice a week and bowls once a week.

Over the past several years, she and Steve sold their 10-acre home in Williamston, downsizing to the ease of condo living. They also sold their cabin in Grayling.

They have been married for 42 years, so they must be doing something right!

-submitted by Karen Spak



## JANUARY ACTIVITIES

Monday, January 2<sup>nd</sup>-Euchre 9am-Noon, Blood Pressure Screening 11am, and New Year's Party with a concert by Steve Spees at Noon

Tuesday, January 3<sup>rd</sup>-Euchre 9am-Noon, Fruitcake Toss Day at 12:30pm, and Knitters Group 1pm-3pm

Wednesday, January 4<sup>th</sup>-Euchre 9am-Noon, Wheel of Fortune with The Willows at 12:30pm, and Needle Work Group 1pm-3pm

Thursday, January 5<sup>th</sup>-Euchre 9am-Noon, Birthday Bash & Rubber Ducky Bingo at 12:30pm (Cake and ice cream provided by Brookdale Senior Living)

Monday, January 9<sup>th</sup>-Euchre 9am-Noon, Balance with Monica at 9am-9:45am, and Jeopardy at 12:30pm

Tuesday, January 10<sup>th</sup>-Euchre 9am-Noon, Lunch with a Board Member at Noon, Tai Chi at 12:30pm, and Knitters Group

Wednesday, January 11<sup>th</sup>-Euchre 9am-Noon, Lunch & Plinko with Independence Village at Noon, and Needle Work Group 1pm-3pm

Thursday, January 12<sup>th</sup>-Euchre 9am-Noon, Ukulele lessons with Ben 11am, and Fraud Protection Workshop for Seniors presented by Huntington Bank with Bingo & Prizes at 12:30pm

Monday, January 16<sup>th</sup>-Euchre 9am-Noon, and Crafts with Pat Cookingham make a Fleece Scarf & Decorative Pin at 12:30pm

Tuesday, January 17<sup>th</sup>-Euchre 9am-Noon, Mind Benders with the Library at 12:30pm, and Knitters Group 1pm-3pm

Wednesday, January 18<sup>th</sup>-Winnie the Pooh Day, Presentation by Wendy Noles from Consumer Energy at 12:30pm, and Needle Work Group 1pm-3pm

Thursday, January 19<sup>th</sup>-Euchre 9am-Noon, Ukulele lessons with Ben at 11am, Author visit with Rod Sadler on his True Crime novels at 12:30pm

Monday, January 23<sup>rd</sup>-Euchre 9am-Noon, National Pie Day-Donation of pies from Red Cedar Lodge at Noon, and What's Happening in Williamston with Mayor Tammy Gilroy at 12:30pm

Tuesday, January 24<sup>th</sup>-Euchre 9am-Noon, Presentation from Mindfulness Therapy Dogs at 12:30pm, and Knitters Group 1pm-3pm

Wednesday, January 25<sup>th</sup>-Euchre 9am-Noon, Drum Circle with Ian Levine at 12:30pm, Opposite Day (Wear non-matching outfit!), and Needle Work Group 1pm-3pm

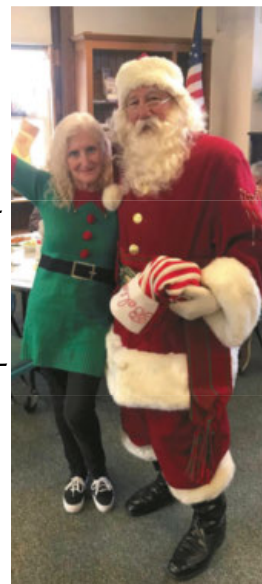
Thursday, January 26<sup>th</sup>-Euchre 9am-Noon, Ukulele Lessons with Ben at 11am, Michigan's Birthday Party with Dobie Road at Noon

Friday, January 27<sup>th</sup>, Bus Trip to Brookdale Living at 11:00 am (sign-up required)

Monday, January 30<sup>th</sup>-Euchre 9am-Noon, "In the Kitchen with Susie"-No Bake Cookies at 12:30pm

Tuesday, January 31<sup>st</sup>-Euchre 9am-Noon, Backward Day (Wear your clothes backwards), Tai Chi at 12:30pm, and Knitters Group 1pm-3pm

**\*Programs subject to change**





## FEBRUARY ACTIVITIES

Wednesday, February 1<sup>st</sup>-Euchre 9am-Noon, Tai Chi 12:30pm, and Needle Work Group 1pm-3pm

Thursday, February 2<sup>nd</sup>-Euchre 9am-Noon, Ukulele Lessons with Ben Hassenger 11am, Groundhog Day, Birthday Bash Concert with Jim Herrman-One Man Band at 12:30pm

Monday, February 6<sup>th</sup>-Euchre 9am-Noon, Blood Pressure Check 11am, Craft with Pat Cookingham-Valentine's Day Wreath at 12:30pm

Tuesday, February 7<sup>th</sup>-Euchre 9am-Noon, Send a Card to a Friend Day! Lunch with a Board Member at Noon, Card Making with Sandra at 12:30pm, and Knitters Group 1pm-3pm

Wednesday, February 8<sup>th</sup>-Euchre 9am-Noon, Lunch & Plinko with Independence Village at Noon, and Needle Work Group 1pm-3pm

Thursday, February 9<sup>th</sup>-Euchre 9am-Noon, Ukulele Lessons with Ben Hassenger at 11am, National Pizza Day, and Travel Back to the 50's with Audrey from Harmony Cares 12:30pm

Monday, February 13<sup>th</sup>-Euchre 9am-Noon, Get a Different Name Day, and Candy Dice Game 12:30pm

Tuesday, February 14<sup>th</sup>-Euchre 9am-Noon, Valentine's Party with Senior Class Band at Noon, and Knitters Group 1pm-3pm

Wednesday, February 15<sup>th</sup>-Euchre 9am-Noon, National Gum Drop Day, Travel Show to San Antonio Holiday at 12:30pm, and Needle Work Group 1pm-3pm

Thursday, February 16<sup>th</sup>-Euchre 9am-Noon, Ukulele Lessons with Ben Hassenger at Noon, Paczki Day, and Drum Circle with Ian Levine at 12:30pm

Monday, February 20<sup>th</sup>-Euchre 9am-Noon, Lunch with The Willows at Noon, Cherry Pie Day, and Price is Right at 12:30pm

Tuesday, February 21<sup>st</sup>-Euchre 9am-Noon, Lunch with Brookdale Living & Mardi Gras Party at Noon, and Knitters Group 1pm-3pm

Wednesday, February 22<sup>nd</sup>-Euchre 9am-Noon, National (NON) Margarita Day, Presentation by Sam Tucker a Certified Aging Specialist on how to Learn to Stay in your Home at 12:30m, and Needle Work Group 1pm-3pm

Thursday, February 23<sup>rd</sup>-Euchre 9am-Noon, and Beat Cabin Fever with Karen Spak

Monday, February 27<sup>th</sup>-Euchre 9am-Noon, Lunch with Red Cedar Lodge at Noon, and Fact or Fiction

Tuesday, February 28<sup>th</sup>-Euchre 9am-Noon, National Chili Day, Mind Benders with the Library at 12:30pm, and Knitters Group 1pm-3pm

**\*Programs subject to change**



## UPCOMING EVENTS

### AN INTRODUCTION TO THE UKULELE

with Michigan's  
Ukulele Ambassador

### BEN HASSENGER



Come join us for a six-week beginning ukulele course!

- Learn simple chords and songs
- Make music with your friends
- Loaner ukuleles available or bring your own



Why the ukulele?

- Easy to learn
- Brain-stimulating
- Improves fine-motor skills
- It's fun!

*The ukulele is the most folk of folk instruments, because it brings folks together.*

**AT 11 AM**

**JANUARY 12, 19, 26 / FEBRUARY 2, 9, 16**

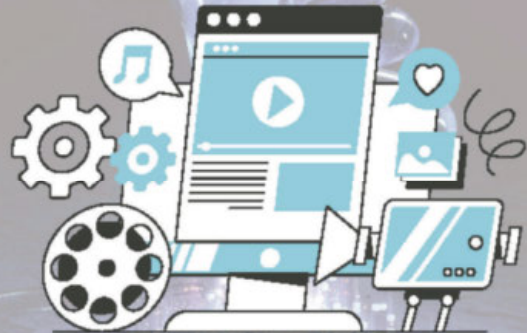
Please contact the Williamston Senior Center to reserve your place  
williamstonseniorctr@gmail.com or 517-655-5173

*"If more people played the ukulele, the world would be a better place."  
Jake Shimabukuro*



### TECHNOLOGY CONCERNS?

Taught by:  
**DREW DANOWSKI**



Do you have questions about the latest gadget in your hands?

Do you just want to learn more?

Or, are you frustrated with technology?

Meet with Drew on the 3rd Thursday of every month from  
12pm-1pm

He'll help get you back on track!

## SANTA'S FIRST 2022 DELIVERY

Santa made his first delivery of the year – to the Rural Ingham County of Meal on Wheels (MOW) on November 14! Delivery of 190 Christmas placemats was made to make Molly, Marcy, and Melisa happy again this year – and to ensure they have one of the most frequently requested items to include in the MOW gift baskets again this year.

We finished 150 placemats at our "Christmas in July" sewing event (which cleared out my Christmas material). In the past, we have provided them with about 160-170 placemats. But when contacted in early October to see how many dinners they were serving this year, Molly sheepishly responded, "right around 190, but we'd be happy with the 150 you said you have done." Lorraine Johnson, Joan Lutz, and Jan Peckins came through with additional material and batting – so (sew?) I put another 40 together to flip, iron, top stitch, and wrap on November 4 – TADA! 190 to deliver!

When Beth stopped by, she was able to get a photo of the "second shift," those doing the sewing and wrapping: Toni Talbot, Bev Zetterholm, Beth Zetterholm, Susan Bisard, Deborah Wolf at the sewing machine, Ann Lemmen, Karen Spak, and Susie Cockerill.



Submitted by Karen Spak



## DONATIONS & BIRTHDAYS

*Thanks to the following individuals and groups for their donations to the WASC.*

### October

Tom Bement

Dorothy Rush in honor of Karen Spak

Charles & Mary Jo May in memory of Steve Ar-ends

Ron & Dawn Harris in memory of Dorothy Rush

### November

Alice Heim in honor of volunteers.

Sharon Basil in memory of Dorothy Rush

### November continued

Violet Lentz in honor of Warren & Karleen Dimick

Susan Cockerill in memory of Ardath Harshbarger

Marilyn Thompson

Bob & Norma Ward

Beverly Jablonowski

Ann Howell



### **Celebrating Birthdays**

#### January

Jan Bowman

Nancy Davis

Jackie Fortier

Alice Heim

Marilyn Thompson

Phyllis Tomlinson

Levi Vogt

Mike Shaft

Tom Pike

Julie Little

Doug Gruschow

#### February

Glenda Hair

Jennie Welliver

Patricia Horn

Robert Klausing

Mickie Manley

Marilyn Hill

Rita Vloet

Rita Pincumbe

Julie Rudd

Beth Bisel

Dee Fate

Bill Tomlinson



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[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)



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[Tonya.Sundermann@phpmm.org](mailto:Tonya.Sundermann@phpmm.org)  
517.364.8403 | [PHPMedicare.com](http://PHPMedicare.com)

Sparrow Advantage is an HMO-POS plan with a Medicare contract. Enrollment in Sparrow Advantage depends on contract renewal. H7646 22-2046 C

# Haven

*Haven / Haven of Rest  
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Williamston, MI 48895

(517) 655-8953 | [www.SeniorCareLansing.com](http://www.SeniorCareLansing.com)

*Haven of Rest, a place to call home*

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An "Aging in Community" Residence

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**517-898-1715** | Todd Walter/Owner



[www.crosaires.com](http://www.crosaires.com)



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**CONTACT ME**  
**Christopher Guldager**

[cguldager@4LPi.com](mailto:cguldager@4LPi.com)

**(800) 477-4574 x6829**



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**LISA FLETCHER**

*Associate Broker*

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1400 Abbot Rd., Ste. 200,  
East Lansing, MI 48823

**Mobile: 517.449.6100**

[Lisa@greaterlansinghomes.com](mailto:Lisa@greaterlansinghomes.com)

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U.S. POSTAGE  
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Permit #6

## Williamston Area Senior Center

Director: Beth Schrader

201 School Street, PO Box 343

Williamston, MI 48895

www.williamstonseniorcenter.com

### Inside This Issue

WASC Mission, Purpose.....	Pg #2
Director's Corner .....	Pg #3
President's Post .....	Pg #3
WASC Staff, Board .....	Pg #4
Thanks .....	Pg #4
Spotlight on Volunteers .....	Pg #5
January Activities.....	Pg #6
February Activities .....	Pg #7
Upcoming Events .....	Pg #8
Placemats .....	Pg #8
Wishlist .....	Pg #9
Donations & Birthdays .....	Pg #9
Membership .....	Pg #12

### WASC Information:



Phone: 517.655.5173

Please check out our Facebook page or call the center with questions about programs or to make reservations for lunch.

### WILLIAMSTON AREA SENIOR CENTER MEMBERSHIP DUES 2022



**Cost is \$12/year per person.** Please complete the information below and return to WASC along with your payment. **PRINT CLEARLY**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ TOWNSHIP: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

EMERGENCY CONTACT NAME: \_\_\_\_\_

EMERGENCY CONTACT PHONE#: \_\_\_\_\_

ARE YOU A NEW MEMBER \_\_\_\_\_ RENEWING MEMBER \_\_\_\_\_ OR DONATION \_\_\_\_\_

BIRTHDATE (only if you want to participate in the birthday celebrations): \_\_\_\_\_

ARE YOU A VETERAN YES \_\_\_\_\_ NO \_\_\_\_\_

I GIVE THE WASC MY PERMISSION TO USE ANY PHOTOS/VIDEOS TAKEN OF ME: YES \_\_\_\_\_ NO \_\_\_\_\_

Please complete form and return with your payment to:

**Williamston Area Senior Center**

**201 School Street, P.O. Box 343**

**Williamston, MI 48895**

Would you be interested in volunteering? \_\_\_\_ yes \_\_\_\_ no