



# SAGINAW COUNTY

# COMMISSION ON AGING



## SAVE THE DATE!



**Saginaw COA  
2022 Annual Senior Picnic  
You don't want to miss this!  
Friday, June 10 - 10a-1p  
@ Haithco Park  
(For more info turn to page 2!)**

## OUR MISSION STATEMENT

Since 1973 Saginaw County Commission on Aging has provided many programs and services to meet the needs of older adults. Our goal is to help older adults to continue living independently in their own homes. We also offer unlimited volunteer opportunities for older adults who desire to stay active and involved in the community.

## MAY 2022

### CONTACT US

2355 SCHUST ROAD ~ SAGINAW, MI 48603  
OFFICE HOURS: MON-FRI 8AM-5PM  
Main Office: 989-797-6880  
Toll-Free: 1-866-763-6336  
Fax: 989-797-6882  
Transportation: 989-797-6888  
Website: [saginawcounty.com/coa](http://saginawcounty.com/coa)  
Facebook: @SAGINAWCOA

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## WELCOME & INFORMATION

# Saginaw County Commission on Aging 2022 Annual Senior Picnic

Friday, June 10, 2022 - 10:00 a.m. - 1:00 p.m.

@ Haithco Park (located next to the senior center)

Gates open at 9:00 a.m. (no early admittance)

**Picnic menu will be  
Brats & Beef Hot Dogs & Fixins'**



Tickets are available at all COA Senior Centers May 16 thru May 31

*Lost Tickets cannot be replaced there will be a limited number*

*available at park entrance on day of picnic*

Tickets are available at the Eleanor Frank Senior Center May 16 until June 2nd

**LIVE ENTERTAINMENT, HEALTH FAIR EXHIBITS, GAMES & PRIZE DRAWINGS**

(TICKETS WILL BE COLLECTED AT THE ENTRANCE FOR PRIZE DRAWINGS)

RECOMMENDED \$2.25 DONATION WILL BE COLLECTED AT ENTRANCE

(ADMISSION \$5.00 FOR GUESTS UNDER 60 YEARS OF AGE--All guests must be 18 years of age or older)

Saginaw County Commission on Aging  
Eleanor Frank Center  
2355 Schust Rd., Saginaw, MI 48603

Phone: 989-797-6880

E-Mail: [vhaller@saginawcounty.com](mailto:vhaller@saginawcounty.com)

# SERVICES WE OFFER

## INFORMATION & REFERRAL

Friendly Commission on Aging staff answer questions, provide information and refer callers to an appropriate service. This is your first step to finding the help you need for yourself or a loved one. Making this call opens a variety of assistance and opportunity to make life easier. For more information call the main office at 989-797-6880 or TOLL FREE at 1-866-763-6336.

## CASE MANAGEMENT

Professional caseworkers provide assistance with a variety of needs, such as arrangements for in-home services, housing problems, financial concerns, and prescription help. Caseworkers assess needs and offer recommendations for home care.

## CAREGIVER SUPPORT PROGRAM

Provides training, education and support services to family, friends, partners and neighbors who are caregivers. The caregiver or the person receiving the care must be at least 60 years of age to qualify for this program.

## CARE MANAGEMENT FOR FRAIL ELDERLY

A R.N. and Social Worker team provides a comprehensive needs assessment and assistance in arranging care for frail elders at risk of entering a nursing home.

## TRANSPORTATION

Door-to-door service to medical appointments, and essential shopping. Rides must be prescheduled. Wheelchair lift service is available. Transportation prepaid tickets are available. Cost: \$2.00 each way. To schedule a ride please call up to two weeks in advance 989-797-6888.

## MINORITY OUTREACH PROGRAM

Staff locates elderly persons in our community who may require assistance with daily living requirements. Service provision by the agency's bi-lingual staff may be in the form of assisting with issues of housing, Medicare or Medicaid questions, and referral to community resources if appropriate.

## IN-HOME SUPPORT SERVICES PROGRAM

The In-Home Support Services Program provides assistance to elderly citizens who may need limited assistance with housekeeping and personal care. Also, available through this program is limited respite care services for caretakers residing in the home.

## LEGAL CONSULTATION & REFERRAL CLINICS

Free legal services provided by Region VII Area Agency on Aging for an appointment call 1-800-858-1637 or 989-893-4506.

## PROJECT LIFESAVER

A collaborative effort between the Saginaw County Commission on Aging and the Saginaw County Sheriff's Department. This program is offered to Saginaw County residents, age 60 years and older, who are affected by severe forms of dementia related illnesses. It gives clients access to a transmitter bracelet that is designed to assist in the tracking and locating of people who have the tendency to wander.

## MEMORIALS & DONATIONS

Checks should be made payable to the **Saginaw County Commission on Aging**. Cash donations may be dropped off at our office at 2355 Schust Rd., Saginaw, MI during business hours. If you are making a donation in honor of a loved one, please write the name of that person on the memo line of the check. If you would like your donation to be applied to a particular program, service, or activity, please also include it on the memo line of your check.

## FOSTER GRANDPARENTS PROGRAM

Seniors age 55 or older, who meet income guidelines, receive a tax-exempt stipend and other benefits for volunteer work with special needs children in schools and day programs.

## KINSHIP CARE SUPPORT PROGRAM

Kinship Care Support Services offers assistance to adults aged 55 and over in Saginaw County who are raising grandchildren, nieces, nephews, and other related minors. They can receive case management services, information and referral, support groups, monthly newsletters, free educational and recreational events for the adults and children, emergency and respite care funds.

## FREE CELL PHONES FOR SENIORS

Free cell phones for seniors age 60+. Donated phones programmed to reach 911 in most geographic areas that provide 911 emergency service. Contact the main office or your caseworker for more information.



**Please call the main office.**

# SENIOR CENTER LOCATIONS

## BRADY

16020 PEET, OAKLEY, MI 48649

Phone: 989-845-7200

Hours: Mon-Thurs 10AM-1:00PM

Coordinator: Laura Nixon

## BUENA VISTA

1940 S. OUTER DRIVE, SAGINAW, MI 48601

Phone: 989-752-1655 EXT. 206

Hours: Tues, Wed, Thurs 10AM-2PM

Coordinator: Barbara Kemp-Lauria

## CHESANING (YOUNG @ HEART CLUB)

218 CHURCH, CHESANING, MI 48616

Phone: 989-845-6565

Hours: Mon-Fri 10:00AM-1:30PM

Coordinator: Amy DeGeus

## ELEANOR FRANK

2355 SCHUST ROAD, SAGINAW, MI 48603

Phone: 989-797-6895

Hours: Mon, Wed, Fri 8:30AM-2:00PM

Coordinator: Maria Sanchez

## FRANKENMUTH

240 W. GENESEE, FRANKENMUTH, MI 48734

Phone: 989-652-3430 EXT. 197

Hours: Tues, Wed, Thurs 10AM-1:30PM

Coordinator: Joanie Patyk

## FRIENDSHIP (located in YMCA)

1915 FORDNEY ST., SAGINAW, MI 48602

Phone: 989-797-6801 / 989-797-6896

Hours: Mon-Thurs 9AM-1:30PM

Coordinator: Helen Lutz

## HEMLOCK

218 S. ELM, HEMLOCK, MI 48626

Phone: 989-642-2610

Hours: Mon, Wed, Thurs 10AM-1:30PM

Coordinator: Shirley Dunbar

## MAPLE GROVE

4017 PEET, CHESANING, MI 48616

Phone: 989-845-7444

Hours: Mon-Thurs 9:30AM-2:00PM

Coordinator: Sue Quaderer

## MARIE E. DAVIS

233 ROOSEVELT AUSTIN AVE.

SAGINAW, MI 48607

Phone: 989-758-2441

Hours: Mon-Thurs 9AM-1:30PM

Coordinator: James Benjamin

## SOUTH COLONY

180 S. COLONY, SAGINAW, MI 48638

Phone: 989-790-3289

Hours: Mon-Fri 10:30AM-1:00P

Coordinator: Carol Zaremba

## Freeland Center



# CAREGIVER/KINSHIP CARE SUPPORT

Hello All:

I would like to acknowledge, the month of May that is designated, **“National Military Appreciation Month & Month of the Military Caregiver.”** Military Caregivers we recognize the many sacrifices you all have made. Thank you, to all military caregivers for caring for your loved ones who also may have been service members. Military Caregiver clients your vital work has not gone unnoticed for providing care to your loved ones as they need care assistance to get through their daily lives.

Being a caregiver whether formally or informally, is a huge obligation. It takes a special kind of person to carry the caregiving responsibility and patience required each day. Being accountable for another human being is imperative work that can be challenging at times because you can't just leave your work at the door when you go home. For all your unwavering hard work, all caregivers deserve acknowledgment.

The National Appreciation Month brings recognition, observation and awareness of the care and dedication that you give. The month of May focus goes beyond acknowledgements the following list are some things others can do to extend a helping hand to military caregivers. Caregivers, family, and friends volunteering your time to a veteran caregiver can be a wonderful gesture.

- Offering to take their loved ones to doctor appointments if applicable
- Assist other caregivers by picking up things they may need
- Offer to make a meal once a week for veteran caregivers to allow a day of rest
- Relieve a veteran caregiver from their caregiving duties; this would help them mentally & physically
- Spend time with military caregivers and just listen

Please join us at our next Caregiver/Kinship group meeting. You can attend by coming into the building site, 2355 Schust Rd. or log into our Zoom Webinar Meetings

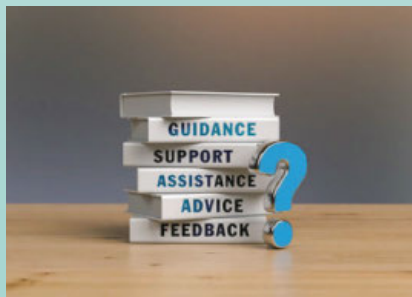
**<https://zoom.us/join/95858365710> Login ID 6377142584**

## Next Meeting Dates

- Thursday, May 5, 2022 @ 1pm - Speaker: Marie Price Literacy
- Thursday, May 12, 2022 @ 1pm - Speaker: Christopher Rader, Delta College Dream Program
- Thursday, May 26, 2022 @ 1pm - Topic: Dementia Let's Talk

If you have any questions, please contact me (989) 797-7571.

Thanks Again,  
Darlene Byrd Young, M.Ed., B.S.W.



# SAGINAW PARKINSON'S SUPPORT GROUP

- \*Learn coping techniques\*
- \*Share knowledge and experience\*
- \*Make new friends\*
- \*Offer and receive support from those who understand\*

**Meets:** 3<sup>rd</sup> Thursday starting in May 2022

**Time:** 1:00 p.m.

**Address:** Eleanor Frank Multi-purpose Center  
2355 Schust Road  
Saginaw, MI 48603  
(No-preregistration required)

*The Saginaw County Commission on Aging (SCCOA) is partnering with the Michigan Parkinson Foundation (MPF), to offer a meeting space for Saginaw support group meetings. The SCCOA is not affiliated with the Michigan Parkinson Foundation and questions regarding programs and services available through MPF should be directed to the number below.*

**The Michigan Parkinson Foundation (MPF) is a non-profit 501 (c-) (3) organization in Michigan whose mission is to educate and provide support to people with Parkinson's and related disorders. Programs and Services of the Michigan Parkinson Foundation include:**

- Information packets for the newly diagnosed
- Listing of Parkinson's exercise classes scheduled throughout the state
- List of Parkinson support groups in Michigan communities
- Financial assistance for Parkinson medication
- Financial assistance for respite care in the home or at a facility
- Orientation to Parkinson's, a two hour program for the newly diagnosed
- Living with Parkinson's, a five week patient education series
- Legal guidance for obtaining medical disability
- Mobility equipment lending program



# SENIOR PROJECT FRESH COUPONS

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## It's that time of year again for S.P.F. coupons!

If you are looking to get vegetables again this year at the Farmers' Market, you need to make contact with Augustine Martinez at the Saginaw County Commission on Aging.

Please call 989-797-7568 and ask to be put on the waiting list.

Coupons will be distributed starting Monday, June 13, 2022 by appointment only. Locations will be announced in the newsletter and by phone.

## LOVE YOUR NEIGHBOR PERSONAL PANTRY

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This pantry is made up of Senior Citizens that are not ready to retire to a rocking chair. We want to stay busy and what better way than to serve our community. So we have developed this pantry to provide personal hygiene and cleaning products to those who are on state assistance or low income. If you have need of these items, please call the number below, leave a message and someone will get back with you to set-up a time to stop by. We are here to serve our community.

The Valley Church  
3370 N. Center Road  
Saginaw, MI 48603  
989-793-0011

<http://www.valleychurchsaginaw.org>



## OLDER MICHIGANIAN'S DAY

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**Region VII Area Agency on Aging** is pleased to invite you to join in celebrating Older Michiganian's Day. Older Michiganian's Day (O.M.D.) is an annual event: in-person and virtual event

Are you interested in voicing concerns to legislators on behalf of all seniors? This event provides the opportunity for individuals to speak with a unified voice to the legislature expressing the concerns, challenges, and opportunities for older adults by the experts, older adults themselves, and aging service providers.



**Date: Wednesday, May 11, 2022 @ 10a-2p**  
**Location: Region VII Area Agency on Aging**  
**1615 S. Euclid Ave., Bay City, MI 48706**

**For more information: please visit our website:**  
**[www.region7aaa.org](http://www.region7aaa.org)** Please call to register for  
this event: 989-893-4506

# ELEANOR FRANK SENIOR CENTER

## 2355 SCHUST ROAD, SAGINAW, MI 48603

### **Mondays**

Open Euchre 9:30a

### **Mondays & Wednesdays @ 12noon-1p (starts May 18th)**

Sit & Get Fit (wear comfortable clothing)

### **Tuesdays @ 11:15a-12:30p**

Line Dancing w/ Instructors Carolyn & Marilyn

Walk-in fee \$3.00 per session - Call Maria 989-797-6895 to sign-up

### **Wednesdays @ 9:30a**

Euchre & Pinochle

If you are interested in learning or playing - Call Maria 989-797-6895

### **Fridays @ 11a & 1p**

Wii Bowling League

\$1.00 a week to play for 10 weeks - Call Jan to join a league

989-280-6087 (cell)

989-539-2047 (home)



# FRIENDSHIP SENIOR CENTER

## 1915 FORDNEY ST., SAGINAW, MI 48602

### **Mondays, Tuesdays, Wednesdays & Thursdays**

Join us for lunch @ 11:30 a.m.

### **Mondays & Wednesdays**

Bingo 9a

Tai Chi 11a

### **Mondays**

Sit & Get Fit 12noon

### **Tuesdays & Thursdays**

Popcorn w/ Joe cost: 25¢

### **Thursday 5 & Thursday 26**

Blood Pressure Presentation & Blood Pressure Checks  
By Shannon Moriarity, Helping Hands Nursing Services

### **Thursday 26**

Cinco de Mayo Party -

Please wear some Mexican attire

Mexican food will be served



**5/22 Rita Ramos**  
(left side, gold top)

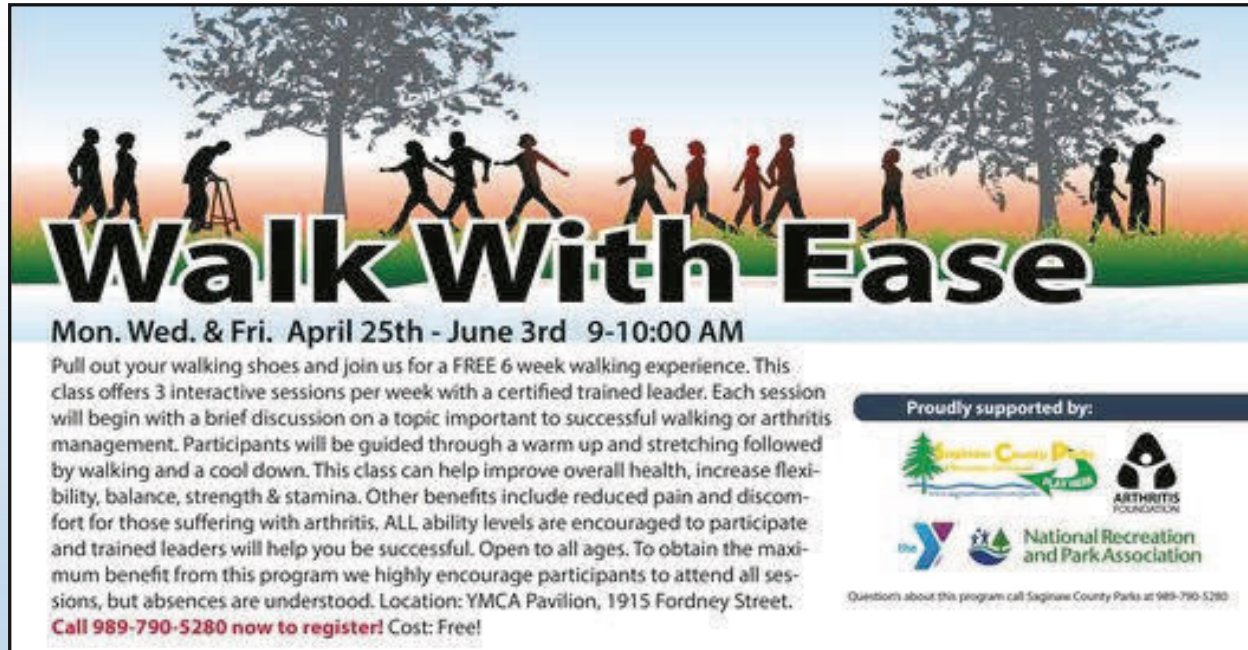
It was a pleasure to have State Representative **Amos O'Neal** stop by for a visit with the seniors.





# WALK WITH EASE




Call today to register at 989-790-5280.



**Walk With Ease**  
Mon. Wed. & Fri. April 25th - June 3rd 9-10:00 AM

Pull out your walking shoes and join us for a FREE 6 week walking experience. This class offers 3 interactive sessions per week with a certified trained leader. Each session will begin with a brief discussion on a topic important to successful walking or arthritis management. Participants will be guided through a warm up and stretching followed by walking and a cool down. This class can help improve overall health, increase flexibility, balance, strength & stamina. Other benefits include reduced pain and discomfort for those suffering with arthritis. ALL ability levels are encouraged to participate and trained leaders will help you be successful. Open to all ages. To obtain the maximum benefit from this program we highly encourage participants to attend all sessions, but absences are understood. Location: YMCA Pavilion, 1915 Fordney Street. **Call 989-790-5280 now to register! Cost: Free!**

Proudly supported by:



Questions about this program call Saginaw County Parks at 989-790-5280

## ALL MEN'S HEALTH FAIR

**SAGINAW ALUMNI CHAPTER OF KAPPA ALPHA PSI FRATERNITY INC.**  
**10th Annual All Men's Health Fair**  
**Saturday, June 4, 2022 from 10:00 a.m. - 2:00 p.m. @ The Dow Event Center**  
**FREE Health Screenings & Wellness Education Lectures**

*Give your Father the Gift of Health this Father's Day-bring your brother, son, father, grandfather, friend and families to this special event – that could change your life.*

*"Most men don't go see a physician until something is very wrong. We are inviting men to come in and get checked out before it's too late," says Dr. Christopher Allen M.D., Covenant Health Care.*

Join the Kappas for a FREE comprehensive Men's health and wellness event at Dow Event Center, 303 Johnson Street, Saginaw MI. The day includes a variety of activities geared towards educating and improving the health of men and their families throughout Mid-Michigan including:

- Health & Wellness Information
- Mini-Health Assessment
- Foot Screens
- Hearing/Vision/Dental
- COVID-19 Vaccinations
- Cholesterol & Blood Pressure Screens
- BMI


**Contact: Dwayne Parker**  
**810-624-3432 (cell) - dparker2123@gmail.com**



# MAY MEALS ON WHEELS MENU

**SUGGESTED DONATION: \$2.25 | CALL 989-797-6880**

**We are having great difficulty in getting food for the menu. Substitutions are being made and menu is subject to change without notice.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
- 2 - Herb Marinated Chicken Baked Potato Prince Charles Mandarin Oranges Whole Wheat Bread 2% White Milk	- 3 - Herb Marinated Chicken Baked Potato Prince Charles Mandarin Oranges Whole Wheat Bread 2% White Milk	- 4 - Beef Tacos Spanish Rice Refried Beans Diced Peach Cup Chocolate Milk	- 5 - Beef Tacos Spanish Rice Refried Beans Diced Peach Cup Chocolate Milk
- 9 - Alfredo Chicken Breast Cavatappi Pasta Malibu Veggie Blend Cinnamon Applesauce Garlic Breadstick 2% White Milk	- 10 - Alfredo Chicken Breast Cavatappi Pasta Malibu Veggie Blend Cinnamon Applesauce Garlic Breadstick 2% White Milk	- 11 - Cabbage Roll Sliced Potatoes Caribbean Veggie Blend Diced Pears Whole Wheat Bread Chocolate Milk	- 12 - Cabbage Roll Sliced Potatoes Caribbean Veggie Blend Diced Pears Whole Wheat Bread Chocolate Milk
- 16 - Kielbasa German Potato Salad California Blend Veggies Applesauce Honey Wheat Dinner Roll Chocolate Milk	- 17 - Kielbasa German Potato Salad California Blend Veggies Applesauce Honey Wheat Dinner Roll Chocolate Milk	- 18 - Sweet & Sour Pork Vegetable Brown Rice Kyoto Veggie Blend Diced Peaches Cup Honey Wheat Dinner Roll 2% White Milk	- 19 - Sweet & Sour Pork Vegetable Brown Rice Kyoto Veggie Blend Diced Peaches Cup Honey Wheat Dinner Roll 2% White Milk
- 23 - House-made Spaghetti Normandy Style Veggies Chilled Pears Gelatin Cup Honey Wheat Dinner Roll Chocolate Milk	- 24 - House-made Spaghetti Normandy Style Veggies Chilled Pears Gelatin Cup Honey Wheat Dinner Roll Chocolate Milk	- 25 - Pulled Pork BBQ Hamburger Deluxe Macaroni & Cheese Capri Vegetables Orange Juice Box Chocolate Milk	- 26 - Pulled Pork BBQ Hamburger Deluxe Macaroni & Cheese Capri Vegetables Orange Juice Box Chocolate Milk
- 30 - <b>COA Closed in Observance of Memorial Day</b> 	- 31 - Potato Crunch Pollock Rice Pilaf Prince Charles Fresh Orange Whole Wheat Bread 2% White Milk	<b>IT'S YOUR RESPONSIBILITY TO CALL:</b> If you will not be home for the day, or need to place your meals on hold, <b>YOU MUST</b> call the number provided to you by your caseworker no later than 12noon the day before to cancel your meal. Also, you can contact the front desk at 989-797-6880 for additional assistance. Menu items may be cooked and/or come into contact with the following food allergen products such as eggs, milk, wheat, fish or peanut products.	

# MAY CONGREGATE MEAL MENU

**SUGGESTED DONATION: \$2.25 | CALL 989-797-6880**

**We are having great difficulty in getting food for the menu. Substitutions are being made and menu is subject to change without notice.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
- 2 - Herb Marinated Chicken Baked Potato Prince Charles Mandarin Oranges Whole Wheat Bread 2% White Milk	- 3 - Ham & Cheese Sandwich Coleslaw Tropical Fruit Chocolate Milk	- 4 - Beef Tacos Spanish Rice Refried Beans Diced Peach Cup Chocolate Milk	- 5 - Chicken Fajita Salad Grapes Orange Juice Box Whole Grain Dinner Roll 2% White Milk
- 9 - Alfredo Chicken Breast Cavatappi Pasta Malibu Veggie Blend Cinnamon Applesauce Garlic Breadstick 2% White Milk	- 10 - Whole Wheat Macaroni Tuna Salad Tomato Wedges Whole Wheat Crackers Banana Chocolate Pudding Cup 2% White Milk	- 11 - Cabbage Roll Sliced Potatoes Caribbean Veggie Blend Diced Pears Whole Wheat Bread Chocolate Milk	- 12 - Turkey & Cheese Corn Salad Pineapple Orange Delight Chocolate Milk
- 16 - Kielbasa German Potato Salad California Blend Veggie Applesauce Honey Wheat Dinner Roll Chocolate Milk	- 17 - Egg Salad Sandwich Tropical Fruit Vegetable Plate Chocolate Milk	- 18 - Sweet & Sour Pork Vegetable Brown Rice Kyoto Veggie Blend Diced Peaches Cup Honey Wheat Dinner Roll 2% White Milk	- 19 - Roast Beef Sandwich Garden Tossed Salad Orange Garden Salsa Sunchips 2% White Milk
- 23 - House-made Spaghetti Normandy Style Veggies Chilled Pears Gelatin Cup Honey Wheat Dinner Roll Chocolate Milk	- 24 - Chicken Salad Sandwich Carrot & Celery Sticks Garden Ranch Vegetable Dip Apple Slices w/ Caramel Dip Chocolate Milk	- 25 - Pulled Pork BBQ Hamburger Deluxe Macaroni & Cheese Capri Vegetables Orange Juice Box Chocolate Milk	- 26 - Mandarin Chicken Salad Banana Vanilla Pudding Cup 2% White Milk
- 30 - <b>COA Closed in Observance of Memorial Day</b> 	- 31 - Island Breeze Turkey Salad Banana Muffin Cranberry Grape Juice 2% White Milk	<p>Lunch will be offered "to-go" for those not yet comfortable participating in person and reservations are required for the meal 48 hours in advance. Please contact one of the senior centers listed on our Senior Center locations.</p>	

## Fiber for the Elderly



As the body ages, changes in the gastrointestinal tract occur, reducing the absorption of nutrients and slowing down intestinal motility. As a result, malabsorption, nutrient deficiency and constipation are relatively common health problems that affect elderly people of both genders. Ask your doctor about the benefits of adding more fiber to your diet.

### Dietary Fiber

Dietary fiber is common in plant foods such as fruits, vegetable and legumes. Although, dietary fiber cannot be digested or absorbed, it still contributes to health in a variety of ways. Dietary fiber comes in two types: soluble and insoluble fiber. Soluble fiber dissolves in water and becomes gel-like, causing it to stick to bile, toxins and other debris and drag them from your body. Insoluble fiber attracts water like a sponge and acts to clean your intestines, increase intestinal motility and stimulate regular bowel movements. Constipation is more common in the elderly due to reduced intestinal

peristalsis or rhythmic contractions, inactive lifestyles and diets low in fiber, according to the “Textbook for Functional Medicine.”

### Fiber Recommendations

The Institute of Medicine of the National Academies recommends that total fiber intake for adults older than 50 should be at least 30 grams per day for men and 21 grams for women. Because insoluble fiber absorbs water, you need to drink plenty of water, too, or a high-fiber diet can lead to constipation and compound existing problems with bowel movements. Elderly people sometimes have difficulty regulating fluid levels because their thirst mechanism may be suppressed, so a conscious effort to drink plenty of fluids to maintain proper hydration and prevent constipation is key. Purified water, fresh juice, herbal tea and other non-caffeinated liquids are best.

### Fiber Sources

Most whole grains, vegetables, fruits and legumes are sources of insoluble and soluble fiber.

For example, multi-grain bread, wheat germ, brown rice, broccoli, spinach, celery, carrots, zucchini, apples, pears, most berries, chickpeas, lentils and virtually all beans are especially good sources of dietary fiber. Furthermore, psyllium is a high-fiber compound you can mix into water or fruit juice. Nut and seeds contain fiber also, but you may find it difficult to properly chew them if you have dental problems or dentures. Consequently, softer sources of fiber, such as beans and whole-grain bread, are not only easier to chew, but are usually much more affordable.

### Additional Health Benefits

In addition to combating constipation, dietary fiber may help reduce high cholesterol and regulate blood sugar levels, thus lowering your risk of heart disease and type-2 diabetes, according to the book “Human Metabolism: Functional Diversity and Integration.” High-fiber diets also make you feel full for longer periods of time, which may help you reduce your calorie consumption and lose excess weight.

# BRADY SENIOR CENTER

## 16020 PEET OAKLEY, MI 48649

### Monday-Thursday @ 10a-1p

Card/Dice Game & Dominoes  
Bid Euchre, Euchre & Puzzles  
Coffee & Social Time

### Mondays, Wednesdays & Fridays

UNO, Golf Game/Dominoes or any Board Game

**Mondays & Wednesdays** Bring a Friend Day (win a free meal)

**Tuesdays** Music by LJ

**Thursdays** Bingo (after lunch)

**Wednesday 4** Mother's Day & Birthday Party

**Wednesday 11**

Blood Pressure Checks by Speaker: Charlie Kline

**Wednesday 18**

Nutrition Education

**Thursday 19**

Special Bingo Day/Chesaning Nursing Home w/ Rodney



5/6 LJ Messerauall

**Lunch served @ 11:30a**

# MAPLE GROVE SENIOR CENTER

## 4017 PEET, CHESANING, MI 48616

### Mondays

Blood Pressure Checks (every 3rd Monday)

Nutrition Education Presentation by Charlie, Right at Home

### Monday-Friday

Bid Euchre Tournament 10a

### Tuesdays

Bingo (following lunch)

### Wednesdays @ 10-11a

Balance exercises w/ Kraig

Learn techniques as we focus on low impact with mobility and balance (\$3.00 per person)

### Wednesdays @ 11a

Dominoes

### Wednesday 4

Mother's Day Party

Chesaning Rehab & Nursing/Bingo @ 12:30p

### Thursday 12 @ 9a-12noon

Rummage Sale

**SAVE THE DATE (Wednesday, June 8)**

Mock Wedding

The seniors wearing their finest Easter bonnets.



# HEMLOCK SENIOR CENTER

218 S. ELM, HEMLOCK, MI 48626

**Mondays & Wednesdays @ 12noon**

Bingo

**Wednesday 11**

Mother's Day Party



**Wednesday 18**

Birthday Party



5/1 Joan  
5/27 Russ  
5/31 Florence

# MARIE E. DAVIS SENIOR CENTER

233 ROOSEVELT AVE., SAGINAW, MI 48607

**Monday-Thursday**  
Lunch served @ 11:30 a.m.

**Monday-Thursday @ 11a-12noon**

Bingo

**Mondays, Tuesdays, & Wednesdays**

Whist (Cards) @ 11a-1:30p

**Monday-Thursday**

Chess

Giden Card Games @ 12noon-1p

Pool @ 9a-1:30p

**Wednesday 18**

Allison, Hearing Solutions

"Hearing Loss, Causes & How to Fix it"

**Wednesday 18 @ 11a-12noon**

Special Bingo



# BUENA VISTA SENIOR CENTER 1940 S. OUTER DRIVE, SAGINAW, MI 48601

Tuesday, Wednesday & Thursday  
Lunch served @ 11:30 a.m.

## Center Activities - Tuesday-Thursday

Fitness Center & Gym 10a-2p

Cards 10a-11:30a

Bingo 12:30p



From The Buena Vista Center  
5/9 Diane Robertson  
5/18 Addie Harper  
5/31 Donald Soule

# CHESANING SENIOR CENTER 218 CHURCH, CHESANING, MI 48616

## Monday-Friday @ 10-11:30a

Open Pool

## Tuesdays & Thursdays @ 12noon-1p

Exercise (all levels including chair - please call ahead)

## Wednesday 4 @ 10:30a

Council Meeting

## Thursday 5

Live music for Mother's Day w/ Deanna, Leroy & Terry

## Monday 9 @ 11a

Speaker: Susan Singer, Humana "Avoiding Scams"

## Wednesday 11 @ 10:45a

One Voice Live Gospel Music

Join us for lunch served @ 11:30a

## Wednesday 18

Birthday Party featuring live music, giveaways, cake & ice cream

From Chesaning Area Senior Association (CASA)

## Monday 23 @ 12noon

Bingo Chesaning Nursing & Rehab w/ prizes

## Thursday 26

Commodities



# FRANKENMUTH SENIOR CENTER

## 240 W. GENESEE, FRANKENMUTH, MI 48734

### Tuesday, Wednesday & Thursday

Join us for senior lunch served @ 11:30a  
Coffee, Social Time & Fun!

### Wednesdays

Baked Goods Bingo 12noon  
Everyone wins fresh baked goods from Zehnder's

### Wednesday 11 @ 11:30a

Speaker: Susan Singer, Humana  
"The Power of Positivity When Life Gives You Lemons"



**Say hello to Ben the bubbly bachelor!** He's a young 63 and always smiling. He has farmed over 400 acres of land in Snover, raising crops of navy beans, soy beans, wheat & oat. This gentleman loves to cook and cares deeply for his beloved sweet Willa. He's sporting a new pierced ear and is always helping others with his handyman skills. He enjoys calling bingo at the center, loves being around people and we enjoy him coming to the center.

# SOUTH COLONY SENIOR CENTER

## 180 S. COLONY, SAGINAW, MI 48638

**Monday-Thursday @ 11:30a-1p**  
Lunch served

**Tai-Chi Class**  
**Mondays & Wednesdays @ 2-3p**  
Call Carol at 989-790-3289 to register

**Wednesday 4 @ 11:45a**  
Guest Speaker: Susan Singer, Humana  
"Healthy Sleep"



**Pictured left to right:** Margaret Brewster & Alecia Parker having fun passing out candy during lunch.





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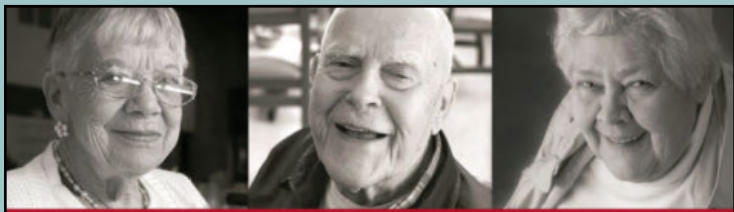
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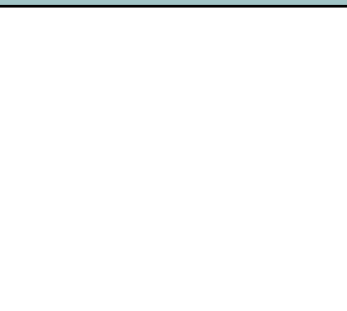


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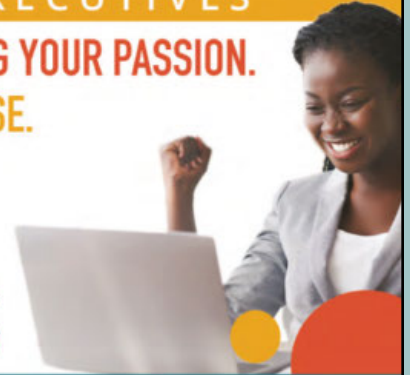
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