SENIOR CIRCUIT

January/February 2021 Issue | Volume 16, Issue 1

JACKSON COUNTY DEPARTMENT ON AGING

Senior Centers and Sites are still closed at the time of this publication.

JAN| FEB ISSUE

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Holiday Hoopla, Violin with Linda

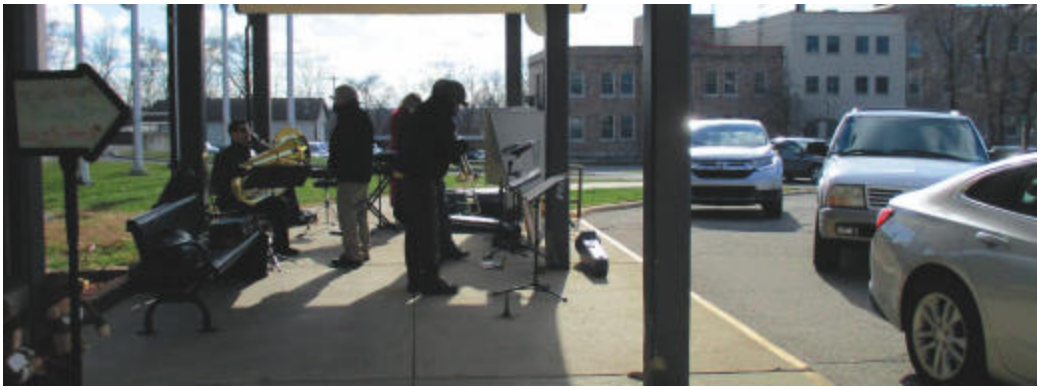
Address: 1715 Lansing Avenue, Jackson, MI 49202 Phone: (517) 788.4364 Website: www.mijackson.org/619

Thank You Jackson District Library On The Road and Dixieland Band

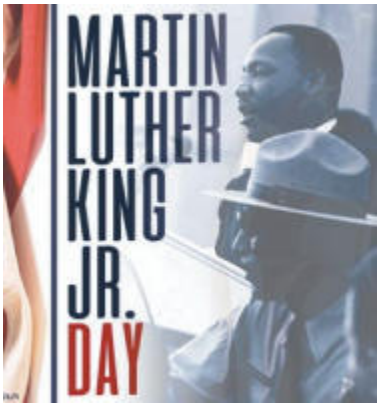
Their Coldest Performance in 34 Years at 36 Degrees!

Dixieland Band

Holiday Hoopla



January 18



February 15

This Day In History

January 18, 1944
Louis Armstrong, Benny Goodman, Lionel Hampton, Artie Shaw, Roy Eldridge, and Jack Teagarden performed the first jazz concert at the Metropolitan Opera House in New York City.

February 15, 1946
Edith Houghton was signed as a baseball scout by the Philadelphia Phillies, becoming the first female scout in the major leagues.

SENIOR NUTRITION PROGRAM - MEALS TO GO AVAILABLE

Meals To Go (517) 768-8652

Meals To Go

While the Jackson County Department on Aging congregate sites and senior centers are closed, seniors are offered the option of picking up nutritious meals, curbside.

Many seniors have taken advantage of this convenient option of picking up well-balanced, prepared meals.

If you, or someone you know, needs meals-to-go, please contact Jennifer Guthrie at 768-8652.

Inclement Weather Reminder

When Jackson Public Schools are closed **due to severe weather**,
Meals To Go curbside is canceled and Meals on Wheels will not be delivered.
Please listen to the following stations for closing announcements:
Radio – FM 96.7, FM 105.3 & AM 970 *TV* – WLNS-TV6, Lansing & WILX-TV10

DEPARTMENT ON AGING ENRICHMENT CLASSES - ONLINE

Let's Play Number Bingo 1 - 75

FLAMINGO BINGO

Zoom from Home with Friends

Every Wednesday
1:00 p.m.

Location: Zoom from home via computer or smartphone. No Internet? No problem. Call in and listen by PHONE.
Pre-Register and get the meeting ID call 768-8691 or LMead@mijackson.org

- Bingo from home
- Create your own cards *(play up to 4)* or download from bingobaker.com
- Play Number Bingo 1 - 75
- 1:00 sign in; 1:15 the Games Begin!!
- Play several games and 1 coverall
- Prizes when available! Winners pick up curbside by appointment.

B	I	N	G	O
8	20	40	50	65
4	26	31	48	64
14	25	Free!	53	67
15	30	33	52	74
13	19	35	60	68

Paint Parties from Home!

Paint Parties To Go

Instructor Karen Olmos

Mondays
at 1:00 p.m.
January 11 & February 22

Location: Zoom from home via computer or smartphone. No Internet? No Problem. Call in and listen by phone.

Pre-Register and get the meeting ID call 768-8691 or email LMead@mijackson.org

- Curbside Supply Pickup will be by appointment
- Free Supplies - project, paint and brushes for people 60+
- $10 supply donation for people under 60
- Class Size Limited to 20

CHAIR YOGA

THURSDAY AFTERNOON
4:30 - 5:00 p.m.
Zoom Class

JANUARY 21
FEBRUARY 18

Instructor: Heather, Certified

Pre-Register for meeting ID
Call 768-8691 or email
LMead@mijackson.org

WINTER CRAFT

WINTER PENGUIN VIDEO
https://youtu.be/JfHZwdBIUIk

Created for the Department on Aging
by Spring Arbor University Volunteers
Maranda & Katrina

NEW CLASS

TAI CHI CLASS
ONLINE
MONDAY & FRIDAY

Time: 12 pm - 1 pm
Instructor: Ken, YMCA

Pre-Register:
Get your Zoom meeting ID
Call 768-8691 or email
LMead@mijackson.org

No Internet? No Problem!
Call in and listen via phone.

Tai Chi is an ancient martial art practiced primarily for its health benefits. Tai Chi's focus is on slow, fluid movements with the goal of improving flexibility, balance and core strength with the added benefits of fall prevention and reduction of stress. Scientific studies show that Tai Chi helps with chronic conditions such as arthritis, heart disease and diabetes.

2021 EXERCISE BREAK
Jan 1 New Year's - No Class
Jan 18 MLK Day - No Class
Feb 15 Presidents' - No Class

Donations Welcome!
1715 Lansing Avenue,
Jackson, MI 49202

QUESTIONS? PLEASE CALL:
Department on Aging
768~8691

ENHANCE FITNESS FROM HOME

Zoom Class with Ken
Monday, Wednesday, Friday
10:30 am - 11:30 am

Pre-Register: Get your Zoom meeting ID call **768-8691** or email **LMead@mijackson.org**

No Internet? No Problem!
Call in and listen via phone.

Enhance Fitness is a moderate-impact class with high-impact results! Simple, easy to learn movements that motivate individuals (particularly those with arthritis). More Energy! Better Balance! Increased Body Strength! **YMCA Instructor** Ken.

Please Join Us!

Follow the Department on Aging website for updates at **www.mijackson.org/619**

COMPUTER QUESTIONS? ASK DR. BILL!

This informal zoom meeting is your chance to ask Dr. Bill computer, zoom, technology and online questions!

Tuesdays at 1:00

Join any time, as many classes as you would like! Ask Bill about the GetSetup program.

Call 768-8691

LMead@mijackson.org for the meeting id.

No Internet? No Problem.
Call in and ask your questions by phone.

MICHIGAN STATE COLLEGE OF NURSING
HEALTH PROMOTION

- YOGA: MSU Student Nurses recommend YOGA with Adriene for a gentle senior friendly workout at https://www.youtube.com/watch?v=kFhG-ZzLNN4&feature=emb_title
  MSU Student Nurse YOGA brochures available at the Dept. on Aging
- White Chicken Chili Crock Pot Recipe: for this MSU Student Nurse recipe and it's healthy nutritional breakdown... Call **768-8691**
- Stay Active During COVID-19 Chair Exercises & Videos : https://bit.ly/3fe3riF and https://bit.ly/2KRb43v for the MSU Nursing Brochure call 768-8691 or email LMead@mijackson.org

Michigan State University Extension
COOKING FOR ONE Zoom Class

MONDAYS, JAN 4 - FEB 8, 2021; 1:00 - 2:00 P.M.

INSTRUCTOR: ANGELA TATE, MSUE
CONTACT: Angela at maniaci8@msu.edu 517-788-4292
Free Class! Learn ways to make cooking for one simple and enjoyable!

For reopen date information, please listen to:

Radio – FM 96.7, FM 105.3 & AM 970

Television - TV – WLNS-TV6, Lansing & WILX-TV10

Zoom Chats Thursdays

1:00 pm

Host: Laurie
Location: Online
What: Chit Chat & Social Hour Time!!

Are you missing your Senior Center Activities? Get your activity friends together and Zoom with each other on Thursdays! Laurie has the link set up, you just need to join in. Call for details!

Get the Meeting ID
768-8691 or email
LMead@mijackson.org

No Internet? No Problem.
Call in and listen by Phone.

FOOT CLINIC

LOUIS WHITE, DPM
CALL 788-8251

Dr. White will hold the podiatry clinics at his office until the Department on Aging is able to reopen to the public. Dr. White will trim toenails and also treat callouses, ingrown toenails, corns, bursitis, and painful joints. Most insurances can be billed. *Co-pays will be billed to patients after insurance companies pay.* If you do not have insurance, Dr. White can provide nail care and treat callouses for $40. Please Bring: Insurance Cards, Driver's License or ID Medication list & Allergy list.

COMMUNITY ONLINE PROGRAMS & TELEPHONE SUPPORT

1715 Lansing Avenue, Jackson, MI | Open Mon-Fri 9 a.m. - 4 p.m. (517) 788-4364

REGION 2 AREA AGENCY ON AGING

Online Workshops & Telephone Support

Friendly Reassurance Program - COVID-19 Telephone Support for Older Adults
(517) 592-1974 and www.r2aaa.net
Weekly telephone calls with trained staff and volunteers to decrease social isolation, offer wellness checks and provide comfort during these challenging times.

Cancer PATH: Thriving & Surviving
Martha York, LBSW, Community Education Coordinator; Master Trainer
Do you know cancer survivors who could use some assistance with health self-management? Cancer PATH: Thriving & Surviving is a 6-week, internet-based workshop designed to help people living with cancer deal with their unique problems and concerns. During once-a-week, 2.5 hour sessions on Zoom, attendees discuss common symptoms and challenges. Free. Wednesday Night Series: Jan 20 - Feb 24 5:00 pm - 7:30 pm. Register: livingwellprograms@r2aaa.net or call 517-592-1974

Chronic Pain: Thursdays starting Jan 14
Diabetes: Tuesdays starting Jan 12
517-592-1974

MICHIGAN DEPARTMENT OF HEALTH

Free Mental Wellness Counseling

"Be Kind to Your Mind" Michigan's free, confidential Stay Well counseling line for help with feelings of depression, anxiety, anger or loss - all common during a disaster like COVID-19.

The Stay Well counseling line is staffed with crisis counselors 24 hours a day, seven days a week.

Callers can access the line by dialing Michigan's COVID-19 hotline at 888-535-6136 and pressing "8" at the prompt.

Or visit Michigan.gov/StayWell.

COVID-19 has impacted most everyone's mental health in one way or another. Stay Well is here to help.

2020 CORONAVIRUS FACTS

cdc.gov/COVID19 & mijackson.org/hd

Center for Family Health COVID INFORMATION
COVID Hotline Number 517-748-5363
Monday - Friday 8 am to 9 pm & Sat/Sun 9 am to 6 pm

HENRY FORD HFAH COVID INFORMATION
Patient COVID Hotline Number 313-874-1055
- Call for up-to-date COVID information
- Monday - Friday 8 am to 5 pm & Sat. 8 am to 2 pm

Jackson County Health Department for up-to-date COVID-19 information at: www.mijackson.org/hd

RELIABLE INFORMATION
Make sure you're getting accurate information. For the latest information visit:
Michigan.gov/Coronavirus
CDC.gov/Coronavirus
Jackson County Health Department
www.mijackson.org/hd
ALWAYS BE READY www.ready.gov

WASH YOUR HANDS
Scrub for 20 seconds. If you can't wash, use a hand sanitizer with at least 60% alcohol.
DISINFECT SURFACES
Clean frequently-touched surfaces. Wash your hands after visiting public places.
SOCIAL DISTANCING
Someone coughing? Move 6 feet away or more.

SERVICE HIGHLIGHT - RESPITE CARE ASSISTANCE

1715 Lansing Avenue, Jackson, MI | Open Mon-Fri 9 a.m. - 4 p.m. (517) 788-4364

Respite Care Assistance

Being a caregiver for a loved one who needs supervision 24 hours a day can be overwhelming. At times having a little help may be necessary in order for a caregiver to run errands, tend to appointments or have lunch with a friend. Respite care provides pre-arranged breaks for caregivers in need of "time away" to meet some of their own needs. Jackson County Department on Aging's respite care program can assist those caregiving households where the caregiver or the one they are providing care to is 60 years of age and older.

Before services begin, an in-home assessment is done to identify the needs of the household so care can be provided to meet an individual's needs. The respite care program may have a cost share but this is determined by a sliding fee scale.

What caregivers are saying: "I am extremely thankful for the help I received, all the workers have been thoughtful and patient." "You have been very helpful and caring, thank you." "The respite program has been essential for allowing our family time together away from the house. Thank you so much!"

Call **(517) 788-4364** to learn more.

GetSetup.io

Learn How to Use Videoconferencing, Telemedicine and Other Technology. The Michigan Department on Health and Human Services is providing a new service to help cope with COVID-19 social distancing.

An internet connection is all that's needed to access GetSetup.io

GetSetup is a free resource for Michiganders age 60 and over. Access more than 150 free online group classes designed for and led by older adults. Try classes on how to use a smartphone or tablet, how to use services like video conferencing, Gmail, Facebook, grocery delivery and telemedicine, as well as virtual social hours.

Need more info? Join Dr. Bill's computer help program every Tuesday at 1:00, and ask Bill your GetSetup questions. Or call 768-8691. See Page Six for more information.

ENRICHMENT ACTIVITY GROUPS

Staying Connected!! Call 768-8691 if your group would like to Zoom Chat!

Curbside Visits, Crocheting, Online Fun with Flamingo Bingo, Paint Parties, Entertainment, Zoom Chat...

Lindy's Shout Outs

Never underestimate the power you have to take your life in a new direction.

The WRITE YOUR LIFE Group invites you to read more stories on their Jackson Memoir Writers Facebook Page led by instructor, Coralie Cederna Johnson

Fun With Sewing *By Cindy Parker*

I remember when our mom got a Singer sewing machine. She had wanted one of her own for a long time and was always having to use Grandma's whenever she wanted to make something. And now there it was, against the west wall of our dining room. I don't think she could have been more thrilled.

She made a lot of outfits for all three of us kids. She made tops, skirts, and dresses, for me and herself; shirts for my brothers and our dad. She was very detail oriented and would usually have to modify the patterns for a custom fit. At the time, I never would have known how endearing the memories of her working that latticed sewing pedal would become to me. It was a two footer and I can still hear the sound as the pedal went back and forth.

Mom had patiently tried to teach me to sew. And even though I learned, I made very few things for myself. When you live at the lake and have the woods, the train tracks, and a bicycle – well, sewing came last on my to-do list of things. Now that I think about it, Mom should have insisted on me learning to make my own clothes. But she was too kind-hearted and loved doing it herself.

We used to hand sew all of our felt Christmas ornaments. That I could get into. It was so much fun looking at the patterns for them in the women's magazines. And it was a project we could enjoy together. Mom's attention to fine detail would come in handy years later when she took up cross-stitching. My walls are filled with her treasures, more priceless to me than handspun gold!

COMMUNITY SUPPORT

THANK YOU HOLIDAY HOOPLA VOLUNTEERS!

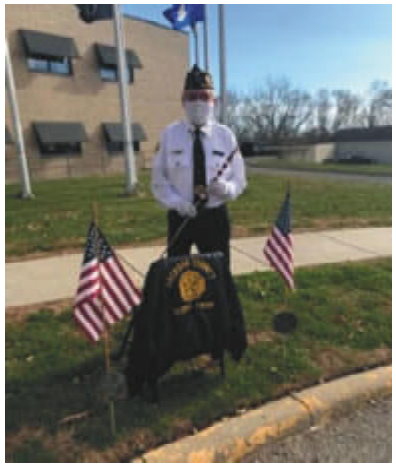
COOPER YOUNG

Trick or Treat

Michelle & Cheryl

Veterans Day

Jim Kulas



SERVICE projects

Thank you

Lumen Christi Tennis

The Lumen Christi Tennis team did a fabulous job cleaning the Crouch Senior Center courtyard. They raked, trimmed brush, weeded flower beds, planted spring tulips, and moved around patio furniture. Thanks!!!

JACKSON COUNTY Michigan

SENIOR SAFETY

Danielle Pequet, LMSW
Keeping seniors informed about common scams and other senior issues.

IRS SCAMS

Tax fraudsters strike quickly, often from overseas. They can cover, erase, or leave no tracks before taxpayers know they've been duped. Their goal is to steal money, take control of personal computers, or commit identity theft. IRS scammers trick their victims into giving them access to bank account information, Social Security numbers (SSN), or credit and debit card details.

Phone tax scams come in many varieties. These tech-savvy crooks can spoof caller ID to make their calls look like they are coming from an official number or location. And they may even have some of your personal information when they call — like the last four digits of your SSN or your correct birthday and year. Don't confirm and don't offer any more information.

You can avoid falling for an IRS scam if you know how to spot these scammers and their tricks, which starts with knowing how the Internal Revenue Service (IRS) contacts taxpayers. Here is a list of things a tax scammer will do but the **IRS will NEVER do**:

1. Call, text, or email you and demand immediate payment.
2. Demand payment without any chance to appeal or question the amount due.
3. Threaten to have you arrested.
4. Require a specific payment method, like a gift card, pre-paid debit card or wire transfer.
5. Call, text, or email you and ask for your personal or financial information.

REMEMBER THIS: Anybody contacting you claiming to be from the IRS and asking you for personal or financial information is a crook.

This information was taken from the Michigan Attorney General's Consumer Alert page.

WINTER RECIPE FUN

PANCAKES! We want to hear your healthy tips! Call us and share!

Six ways to turn your PANCAKES into POWER FOOD!

1. Add Whole Grains - swap out some of the white flour with whole-wheat, rye, buckwheat, polenta, oats... You might need to increase your liquid. 2. Add Nut Meal - substitute finely ground almonds, walnuts or other nuts for some of your flour for a boost of healthy fat and protein. 3. Add Fruit!! Up your antioxidant quotient with blueberries, raspberries, sliced strawberries, peaches, bananas! Frozen fruit works perfectly in the winter. 4. Add Vegetables - Try squash, parsnip, grated carrots for a delicious sweeter-style pancake; just fold them right into the batter. 5. Add Seeds - Seeds offer fiber, protein and healthy fats. Tiny seeds, like poppy, chia or flax work best. Soak your chia seeds and use as an egg substitute - for 1 egg, grind 1 tablespoon of chia and soak in 3 tablespoons of water. 6. Make Gluten-Free Pancakes - by using brown rice or coconut flour. Delicious!

Compliments of Kristen Donnelly, former Food & Wine, The Modern Potluck, Stewart & Claire

NUTRITION NEWS

UNDERSTANDING OSTEOPOROSIS by Sarah Chapel, RDN, CDES

Osteoporosis is a disease that consists of weakened bones and increased fracture risk. It is often called **a "silent disease" because there are no initial symptoms.** In fact, the first indication of osteoporosis often is when a bone breaks.

As we age, we have a more difficult time maintaining bone mass. In fact, after age 50, both men and women begin to lose **about** 1% of bone mass each year. This rate speeds up dramatically for **postmenopausal women.** According to the National Osteoporosis Foundation, half of women and one in four men over the age of 50 will break a bone due to osteoporosis.

Bones are constantly under construction, breaking down and using the calcium and nutrients from foods you eat to build new bone. If you are not physically active or getting the nutrition you need, bones will suffer — becoming less dense, weaker and more likely to fracture. Fortunately, there are things you can do to preserve bone health overtime. Follow these tips to build stronger bones.

Get enough calcium. Calcium is vital for bone health and the major nutrient needed to form new bone cells. Some calcium-rich foods include milk, yogurt and cheese, and calcium-fortified soy milk and fruit juice. Other good sources include soybeans, dark green leafy vegetables and calcium-fortified tofu. If you are consuming two to three servings of dairy daily and getting plenty of vegetables, you are likely to meet your daily calcium needs (1,000mg for men, 1,200mg for women).

Calcium cannot build bones alone. It works with other nutrients including vitamin D, vitamin K, potassium and magnesium to increase bone density and strength.

Get enough Vitamin D. Vitamin D is needed to absorb calcium and enhance bone cell function. While it is difficult to obtain enough Vitamin D through food alone, foods that contain Vitamin D include milk and saltwater fish like salmon, herring and mackerel. A simple blood test can determine if your Vitamin D is low and if supplementation is needed. Talk to your doctor if you have concerns.

Limit intake of cola. Studies suggest that people who drink dark sodas have lower bone mineral density than those who drink it less than once a week. Researchers believe the phosphoric acid in colas leaches calcium from bone.

Avoid smoking. Cigarette smoking decreases bone mass and increases the risk of developing a hip fracture by 31% in women and 40% in men.

Stay active. Weight-bearing exercises such as walking cause bones to become stronger and slow the rate of bone loss.

Beef Rotini

Turkey Dinner

Chicken Breast with Baby Spinach Rice

REOPENING INFO
Listen to the following stations for reopening information:
Radio - FM 96.7, FM 105.3 AM 970
TV - WLNS-TV6 Lansing WILX-TV10

Questions about the CA Community Action CSFP and TEFAP food distribution program?

Please Contact:
Community Action at
877-422-2726
www.caascm.org
See if you are an income-qualifying senior and find a distribution site near you.

DEPARTMENT ON AGING

COVID-19 and Older Adult Services

Throughout the Coronavirus pandemic, Department on Aging staff have been supporting seniors by providing meals they may eat at home. When programs return to normal, we will notify local media to let you know when senior centers and nutrition sites reopen. Until then, the Department on Aging team wishes you well during this health pandemic.

For information about **Meals on Wheels** delivered to someone's home who is age 60 and better or **Meals To Go - Curbside**, please call the Department on Aging at 788-4364.

On the Menu...

- Egg & Sausage Rounds with Country Gravy
- Pasta Rotini with Meat Sauce
- Salisbury Steak with Mushroom Gravy
- Beef Rotini
- Cheezy Tuna Casserole
- Beef Pepper Patty
- Chicken Fajita with Peppers and Rice
- Chicken Florentine
- Chicken Pasty with gravy
- Chicken Nuggets
- Hamburger Stew
- Chicken Stuffing Casserole
- Beef Ribbette
- Taco Casserole
- Mac & Cheese
- Crispy Chicken Breast
- Western Beef Steak Patty
- Chicken Cordon Bleu Alfredo
- Grilled Chicken with Pepper Strips
- Egg Scramble with Baby Spinach

Meals To Go
Curbside Pickup

Meals On Wheels
Emergency Meals

OUR GATHERING PLACES

Sites Currently Closed due to COVID. Call 768-8684 for Curbside Meals.

IT'S MORE THAN JUST LUNCH!

When we reopen, you are invited to lunch at one of our Gathering Places. Whether you bring your friends or come on your own, you will enjoy the camaraderie and friendships every time you lunch at one of our sites throughout Jackson County. A hot, nutritious meal is served at noon, but come early to enjoy many exciting activities and enrichment programs. Call 788-4364 for times.

Join a site when we reopen!

Crouch Senior Center
1715 Lansing Ave
Mon. through Fri.
9:00 a.m. - 4:00 p.m.

King Recreation Center Food with Friends Site
1107 Adrian St.
Mon. through Fri.
10:30 a.m. - 1:30 p.m.

Spring Arbor
122 Star St.
Mon. through Fri.
9:45 a.m. - 1:45 p.m.

Norvell
Township Hall
106 E. Commercial
Mon., Wed., & Fri.
10:30 a.m. - 1:30 p.m.

Napoleon
Township Hall (M-50)
6755 Brooklyn Rd.
Tues. & Thurs.
10:30 a.m. - 1:30 p.m.

Grass Lake Senior Center Food with Friends Site
373 Lakeside Dr.
Tues. through Fri.
Call 522-8466 for Time

Michigan Center
St. Aidan's Church
361 Grove St.
Mon., Wed., & Fri.
10:30 - 2:30 p.m.

Park Forest
3300 Spirea Ct.
Mon. through Fri.
10:30 a.m. - 1:30 p.m.

MEALS ON WHEELS & MEALS TO GO AVAILABLE NOW PLEASE CALL 768-8684 FOR INFORMATION

Valentine Cupcakes
Easy, Guilt Free

1 Box Strawberry Cake Mix (or chocolate)

12 Ounces Diet Pop - Lemon Lime (or try your own flavor)

Add cake mix to large bowl.
Add diet pop to cake mix.
Mix together.

Follow baking instructions on the cake mix box.

Top with Cool Whip.

Makes about 21 cupcakes.
Calories: 100 per cupcake; 20 per Cool Whip topping.
Recipe from Pinterest, Mad In Crafts with Jessica

Have an easy and healthy St. Paddy's recipe to share? Call us! 768-8691

This Day In History:

In 45 B.C., New Year's Day is celebrated on January 1 for the first time in history as the Julian calendar takes effect. Soon after becoming Roman dictator, Julius Casear decided the Roman calendar was in dire need of reform.

SPRING ARBOR SENIORS

122 Star Street, Spring Arbor, MI | Site Currently Closed Due To COVID. Call 768-8684 for Meals To Go

Please call 768-8691 for Spring Arbor Senior Site reopening information.

THIS DAY IN HISTORY
February 1, 1862

"The Battle Hymn of the Republic," by Julia Ward Howe was first published in the "Atlantic Monthly."

Valentine Words

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

Word List:

ADORE
AFFECTION
BELOVED
BEMINE
CANDY
CARDS
CHOCOLATE
CUPID
DESIRE
DEVOTION
FEBRUARY
FLOWERS
HEART
HONEY
LOVE
LOVEBIRDS
RED
ROMANCE
SWEETHEART
SWEETS

AMOROUS
ARROW
BOUQUET
CANDLELIGHT
CHERISH
CHERUB
DARLING
DEAR
EMBRACE
ENDEARMENT
FOURTEENTH
FRIENDS
HUGS
KISSES
PINK
POEM
ROSES
SECRETADMIRER
TEDDYBEAR
TENDERNESS

February 2nd each year brings the most-watched weather forecast of the year—and the only one led by a rodent.

Legend has it that on this morning if a groundhog can see its shadow, there will be six more weeks of winter. If it cannot see its shadow, spring is on the way.

PUNXSUTAWNEY PHIL SHADOW PREDICTION

Will Phil see his shadow? Call 768-8691 or email LMead@mijackson.org your prediction.
One winner will be drawn for a $5 gift card!

CROUCH SENIOR CENTER & SITES MISS YOU!

Sudoku

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

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

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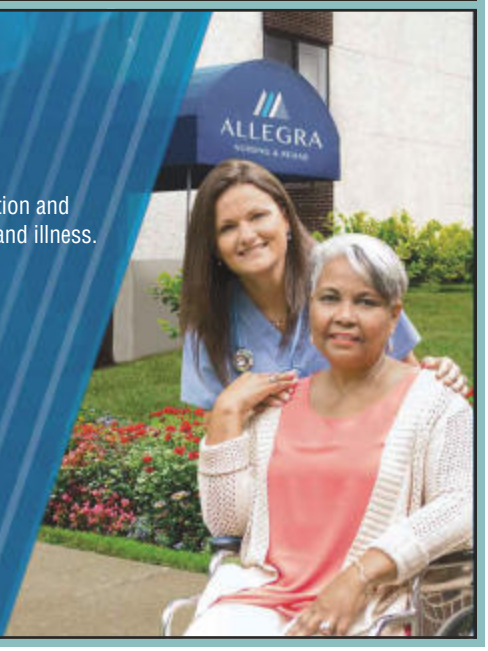

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Caregiver Support
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