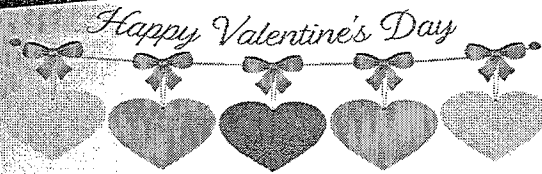


THE GATHERING PLACE
122 STARR RD, SPRING ARBOR, MI, 49283
(517) 750-1010

SPRING ARBOR SENIOR CENTER



FEBRUARY 2018
newsletter

Valentine's Day Party

Wednesday, February 14, 11:30—1:30 pm

Join us for our celebration of Valentine's Day, complete with special treats.

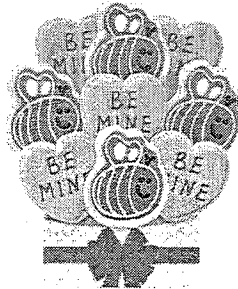
Entertainment provided by pianist Tom Strouf, with songs, a touch of humor and a sing-a-long.



Our Menu will be: Chicken Drummies, Potato Soup, Green Beans, Tropical fruit Salad, Dinner Roll and Milk

Each lady will receive a red carnation!

Invite a friend and make your reservations today.



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Activity Calendar	4
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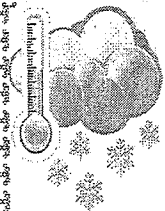
February Birthdays

Allen Jill	2-17
Brown Jerry	2-18
Drain, Carol	2-19
Gray, Beverly	2-1
Hall, Jon	2-3
Haniin, Robert	2-12
Probst, Char	2-11
Smith, Rhonda	2-16
Strickrodt, Joan	2-1
Todd, Gloria	2-20
Weiman, Ruth	2-22



Winter Weather Closing

Reminder



If Jackson Public School District is closed due to weather, our senior center is closed. Check local TV & radio for

announcements

Game Day at Spring Arbor Center
The third Wednesday of the month.

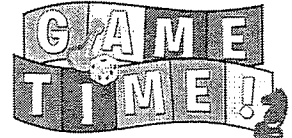
11:30-1:30pm

Come and join us to play your favorite table games or card games.

We will start before lunch at 11:30, break for lunch at

noon and resume games at 12:30-

1:30



Health Nutrition topic for the month of February :“Eat Smart, Live Strong”

Will resume on Feb. 21 Wednesdays 11:15am—Lunch

MSU Extension

Includes tasting of healthy recipes and giveaways

Greeting Cards with Linda



February 20,

10-12 pm

Are you interested in making beautiful greeting cards for the special people in your life? Come join us and stay for lunch afterwards. We make three cards per class. There is a \$5 materials fee for the class.

Reservations are needed one day in advance. All skill levels are welcome.

PENNY BINGO

Wednesday, February 28, 12:45-1:45pm

Bring your pennies and a friend!



The Knitting, Crocheting and Quilting Groups: Wednesdays, 10-12am

These delightful groups could use some more willing hands to make items which are donated to area agencies. We provide all materials.

Cleaning out your stash? The ladies could use donated 4-ply yarn in pastels and bright colors.

For more information, call the center or stop by to see samples of their work. All skill levels are welcome.



Valentines Dance

- ♥ Date: Thursday, February 1
- ♥ Time: 5 p.m.– 9 p.m.
- ♥ Location: Crouch Sr. Center
- ♥ Ground Floor Room 005 Parking Lot A
- ♥ Entertainment: Eclipse
- ♥ Call (517) 788-4364 for
- ♥ Reservation

Attention!!

January 29– February 13

Activities will be suspended due to painting and repairs being made to the Spring Arbor Senior Center.



Lunch will be served in the craft room during the renovations!

Thanks to Spring Arbor FreeMethodist Church, we will be able to hold Fit After Fifty classes in their gym during repairs!

South Central Woodcarvers

Mondays, 10-12am

The group meets every Monday to work on their projects and share ideas. All skill levels welcome.



Acrylic Painting Classes

Landscape on Canvas

Feb 23 10am-12pm

\$10 per session, includes all supplies



Winter Exercise Series at Spring Arbor Senior Center

Beginning the week of January 1, 2017

Fit After Fifty/Aerobics

Mondays, Wednesdays, & Fridays: 10:15-11:15am

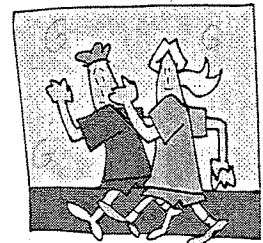
Yoga

Tuesdays: 10:00-11:00am

Get In Line/Line Dance

Thursdays, 10-10:30am: Beginner

Thursdays, 10:30-11:15: Advanced Beginner



All classes: \$1.00 suggested donation per class /Under age 60, \$2

Due to repairs and painting, classes will resume Wed. Feb 14th

122 Starr Rd, Spring Arbor, MI
 517-750-1010
 M-F, 9am-2pm, Meal at noon
 Bev Greene, Senior Center Specialist

Spring Arbor Senior Center—The Gathering Place

FEBRUARY 2018



Su	Mon	Tue	Wed	Thu	Fri	Sa
				<u>Meals only</u> 1	<u>Meals only</u> 2	3
4	<u>Meals only</u> 5	<u>Meals only</u> 6	Birthday Party today 7 <u>Meals only</u>	<u>Meals only</u> 8	<u>Meals only</u> 9	10
11	<u>Meals only</u> 12	<u>Meals only</u> 13	10-12 Knit/Crochet 14 10:15-11:15 <u>Fit After 50</u> 11:30-1:30pm Valentine's Day Party 1-2 Advisory Board	15 10-10:30 LineDance/Beginner 10:30-11:15 Line Dance/ Advanced Beginner	16 10-12 Acrylic Painting 10:15-11:15 <u>Fit After 50</u>	17
18	19 Center Closed	20 10-11 Yoga 10-12 Hand-stamped Cards w/ Linda	21 10-12 Knit/Crochet 10:15-11:15 <u>Fit After 50</u> Game Day: 11:30-1:30 Table games & cards be- fore and after lunch	22 10-10:30 LineDance/Beginner 10:30-11:15 Line Dance/ Advanced Beginner	23 10:15-11:15 <u>Fit After 50</u> 10-12 Acrylic Painting	24
25	10-12 Carving 10:15-11:15 <u>Fit After 50</u>	26 10-11 Yoga	27 10-12 Knit/Crochet 10:15-11:15 <u>Fit After 50</u> 1-2 Penny Bingo	28		



Jackson County Department On Aging

JACKSON COUNTY
SENIOR NUTRITION PROGRAM

CONGREGATE
February 2018

Reservations needed one day in advance: **(517) 768-8684**
LUNCH SERVED AT NOON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Valentine Friendship Party Senior Dinner Dance - Feb. 1st Dinner Served 5-5:30 PM Dance 6-9 PM Lasagna 30 Winter Veg Blend 5 Garden Salad 5 Mandarin Oranges & Dinner Roll 30 Milk 11 Black Forest Torte 45 Dance Reservations 788-4364 96 Total Carbohydrates 81			Chicken Breast Fillet 14 Veggie Blend 5 Potato Cheese Bake 20 Fresh Fruit 25 Muffin 25 Milk 11 Total Carbohydrates 100	1 Sloppy Joes on Wheat Bun 35 Broccoli 5 Confetti Corn 15 Fresh Fruit 15 Milk 11 Dessert - Chef's Choice 15 Total Carbohydrates 96
Pulled Turkey & Gravy over Biscuit 30 Lima Beans 20 Cauliflower 5 Applesauce Cup 15 Milk 11 Total Carbohydrates 81	Boneless Chicken Wings (4) w/Dip 16 Sweet Potatoes 30 Scandinavian Veggie Blend 5 Fresh Fruit 15 Dinner Roll 15 Milk 11 Cookie 15 Total Carbohydrates 107	Stuffed Pepper 19 Mashed Potatoes 30 Diced Carrots 5 Pear Chunks 15 Dinner Roll 15 Milk 11 Total Carbohydrates 100	Beef Pot Roast w/gravy 10 Mixed Veggies 5 Mashed Potatoes 16 Fresh Fruit 15 Dinner Roll 15 Milk 11 Total Carbohydrates 72	Chicken Breast on bun (w/lettuce, tomato, and mayo packet) 30 Parslied Potatoes 17 Roasted Vegetable Soup 6 Peach Chunks 15 Milk 11 Chef's Choice Dessert 15 Total Carbohydrates 94
Bacon, Egg, Cheese Casserole 12 Zucchini & Tomatoes 21 Honey Carrots 10 Orange Juice 15 Mini Muffin 15 Milk 11 Total Carbohydrates 82	Kielbasa & Sauerkraut 20 Red Potatoes 10 Baby Carrots 10 Fresh Fruit 15 Dinner Roll 15 Milk 11 Pudding 15 Total Carbohydrates 96	Chicken Drumsticks (2) 10 Potato Soup 20 Green Beans 10 Tropical Fruit Salad 15 Dinner Roll 15 Milk 11 Total Carbohydrates 71	Beef Pepper Patty w/Gravy 10 Northwest Veggie Blend 15 Hot Spiced Peaches 5 Dinner Roll 15 Milk 11 Total Carbohydrates 61	Meatball Sub 55 Winter Veggie Blend 5 Carrot Coins 20 Chunky Applesauce 15 Milk 11 Strawberry Sorbet 8 Total Carbohydrates 99
All Nutrition Sites Closed Presidents' Day	Cheeseburger on Bun w/Onion Slice 30 Corn & Blackbean Blend 20 Sugar Snap Peas 5 Diced Peaches 15 Milk 11 Cookie 15 Total Carbohydrates 96	Turkey Pot Roast 10 Mashed Redskin Potatoes 25 Venetian Blend Veggies 5 Mixed Fruit 15 Dinner Roll 15 Milk 11 Total Carbohydrates 81	Beef Stew 20 Green Beans 5 Hot Spiced Apples 20 Corn Bread 20 Milk 11 Total Carbohydrates 76	Western Meatloaf 15 Brussels Sprouts 8 Veggie Pasta Blend 20 Fresh Fruit 15 Dinner Roll 15 Milk 11 Pudding 15 Total Carbohydrates 97
Salisbury Steak w/Mushroom Gravy 5 Mashed Potatoes 16 Diced Carrots 5 Peaches 15 Dinner Roll 15 Milk 11 Total Carbohydrates 67	Sweet & Sour Meatballs over Rice (6) 20 Broccoli 5 Garden Salad w/Croutons 10 Pineapple Chunks 15 Dinner Roll 15 Milk 11 Birthday Cake 20 Total Carbohydrates 96	BBQ Chicken Drumstick (1) 7 Carrot Coins 10 Creamed Peas w/Potatoes 20 Tropical Fruit 15 Dinner Roll 15 Milk 11 Total Carbohydrates 78		

Menus approved by:

* Substitutions may be made if needed