



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

SPRING ARBOR SENIOR CENTER

MARCH 2018
newsletter

Happy St. Patrick's Day!!!



St. Patty's Dinner Dance

Thursday, March 8, 2018

Time: 5pm—9pm

Dinner Served 5 -5:30pm Dance 6-9pm

Reservations : 788-4364

Entertainment: The Ramblers

Location: Crouch Senior Center

Health Department Ground Floor Room 005

Dinner Menu

Corned Beef and Cabbage

Red Skin Potatoes

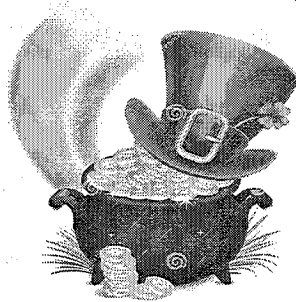
Baby Carrots

Fresh Fruit

Dinner Roll

Milk

Dessert *Irish Cream*
Cheesecake



Inside this issue:

Events and activities	2
Events and activities	3
Activity Calendar	4
Menu	5

March Birthdays

Dielman, Evelyn	3-16
Fraley, Helen	3-2
Hamilton, Helen	3-15
Jacobson, Carl	3-23
Rose, Frank	3-11
Sipes, Ward	3-30
Smith, Joanne	3-25
Spink, Pat	3-23
Williamson, Mary	3-20
Zuver, Nancy	3-26



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

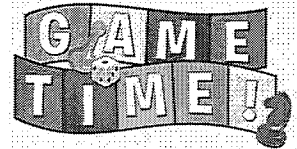
Game Day at Spring Arbor Center
The third Wednesday of the month.

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 March : Every Wednesday 11:15-12pm
"Eat Smart Live Strong"
MSU Extension
Includes tasting of healthy recipes and giveaways

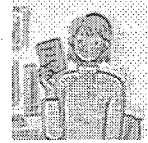
PENNY BINGO

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

Bring your pennies and a friend!



Greeting Cards with Linda



**March 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.

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.



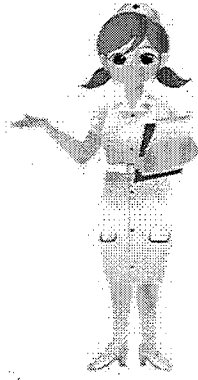
Root Beer Floats
 Mon, March 19, 12:30

After your lunch, you can make your own sundae! We will serve up the ice cream and you may add toppings to suit your taste. Yum!




Blood Pressure Checks

Our next B.P. checks will be
 Wed, March, 7
 11:30-12:15pm
 Renee Carstons, RN
 Thanks, Renee!




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
 March 9 & 23
 10am-12pm



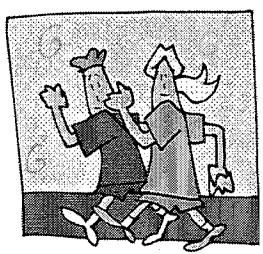
Fall Exercise Series at Spring Arbor Senior Center
 Beginning the week of November 27, 2017

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
No Exercise the last two weeks of December



Spring Arbor Senior Center
122 Starr Rd
PO Box 339
Spring Arbor, MI 49283



**SPRING ARBOR SENIOR CENTER/ THE GATHERING PLACE
IT'S MORE THAN JUST LUNCH!**