



Williamston Area Senior Center

Come as guests, stay as friends!



March - April 2024
Newsletter

ABOUT THE WILLIAMSTON AREA SENIOR CENTER

Lunch Program

The WASC is open Monday-Thursday from 9am-3pm for activities and lunch provided by the Tri-County Office on Aging or local area restaurants with a suggested donation of \$4 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

Facebook: Williamston Area Senior Center

Phone: 517-655-5173

Email: williamstonseniorctr@gmail.com

Hours of Operation

Monday - Thursday, 9am - 3pm

WASC Location

The WASC meets on the upper level, 3rd 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 60 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:

Come as guests, stay as friends!

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.



Eastern Ingham Farmers Market

Bottle and Can Collection Fundraiser in Williamston, occurs two Sundays a month to mid-May 2024, from 11am—1pm in McCormick Park’s large parking lot, 123 High Street.

- Sunday, March 3
- Sunday, March 17 (yes even on St. Patrick’s Day)
- Sunday, April 7
- Sunday, April 21
- Sunday, May 5
- Sunday, May 12 – OPENING DAY of the 2024 Market, also Mother’s Day!

The Eastern Ingham Farmers Market will be open from 10am to 2pm in McCormick Park’s large parking lot, 123 High Street in Williamston with many returning vendors, live music all day long and activities for the kids, all led by new Market Manager Krysta James.

The Director's Corner



Its crazy how fast time is flying by. As I write this we're already half way through February. I'm looking forward to spring, the grass and trees start turning green, flowers start popping up, and the sun shines. For those of us that live in Michigan I know sometimes the winter can bring on isolation and depression. Just remember, if you're ever feeling lonely or depressed, reach out to the Senior Center, we've got resources that we can recommend, activities and events you can join in on, as well as a great group of members who love to laugh and have a good time.

Julie Rudd
Executive Director
wascdirector01@gmail.com



From the President



Are we ready to March into Spring? I think we're all feeling positive about moving forward into longer, warmer days even though our winter hasn't been too snowy or frigid ... yet! Even though Ray and I went to Florida for 5 weeks, we've enjoyed the activities and speakers since we've been home. We are looking forward to the One Man Show, "Old Wilbur", scheduled for March 3rd. First of all, we want to thank Karen and John Bollman for sponsoring the playwright for this fundraising opportunity again. Thank you, Raymond Goodwin, for blessing us for many years with your creative one man shows! Remember to invite a friend to our Senior Center and share the warmth and friendship we have to offer!

Ann Lemmen
WASC Board President

WASC STAFF, BOARD, & THANK YOU

Staff

Executive Director: Julie Rudd

Activities/Events Coordinator: Anne McKinney

Kitchen Coordinator: Mickie Manley

Administrative Assistant: Dawn Harris

Board of Directors

President: Ann Lemmen (2026)

Vice President: Karleen Dimick (2025)

Secretary: Marilyn Thompson (2026)

Treasurer: Ray Lemmen (ex-officio)

Trustees

Karen Bollman (2024)

Sharon Basil (2026)

Mark Steinberg (2025)

Beth Zetterholm (2025)

Community Representatives:

John Allen, Wheatfield Township

Tammy Gilroy, City of Williamston

Wilma Whitehead, Leroy Township



THANK YOU-FOR YOUR SUPPORT

January 2024

Violet Lentz	Katherine—DBT
Karen & John Bollman	Willows
Dianna Frank	Oasis Advisors
Mickie Manley	Dave Trpkam
Beverly Zetterholm	Police Chief Jeff Weiss

WHS PALS

Kathy Schaude	Judy Canfield
D&W	Violet Lentz
Ellie's Country Kitchen	Jan Bowman
Roger Nelson	Beth Zetterholm
Jolene Gustafson	Ukettes
Old Nation Brewery	Mitch Lutzke
Jan Bowman	Senior Class Band
Tracy Shingledecker	American House
Dawn Harris	And All Our Volunteers

December 2023



WILLIAMSTON AREA SENIOR CENTER MEMBERSHIP DUES 2024

Gentle reminder, it's that time of year to renew your annual membership! Last year we started renewing all memberships in January and the annual membership is still only \$12 a year per person. Fill out the membership form on the back of this Newsletter with a check and return it to:

**Williamston Area Senior Center
201 School Street
Williamston, MI 48895**

If you have any questions, please don't hesitate to give us a call, 517-655-5173.

wish list

- Maxwell House Original Roast Coffee (Regular and Decaf)
- Folgers Classic Roast Coffee (Regular & Decaf)
- Coffee Mate Flavored Liquid Creamer
- Chinet Dinner Plates
- Gift Cards from local area restaurants and stores
- Bic Wite-Out EZcorrect
- White Card Stock Paper
- Small & Large Foam to-go Containers
- Copy Paper
- Vanity Fair Dinner Napkins 15"x 17"
- Bingo Prizes: Non-Perishable Food Items and Individual Snacks
- Paper Towels

Wear your favorite hat day!



WASC Presents Trips

Our representative from Premier Travel will be presenting a few new trips for 2025 travel on Thursday, March 21st, be sure to join us!



Italy's Amalfi Coast, 2025



Albuquerque-October 4, 2025



Sedona-Dec. 3, 2025

MARCH 2024 ACTIVITIES

- **Sunday, March 3rd** - Special event at Williamston Theatre - Raymond Goodwin performs 'Old Wilbur' at 7 pm. Tickets available at WASC for \$20. Cost includes play and afterglow at Zynda's of Williamston.
- **Monday, March 4th** - Euchre 9am - 11:45am, Blood Pressure Screening at 10am, Lunch provided by Belinda and Vista Springs Timber Ridge and Wheel of Fortune game at 12:30pm
- **Tuesday, March 5th** - Euchre 9am - 11:45am, Wii Bowling at 12:30pm
- **Wednesday, March 6th** - Euchre 9am - 11:45am, Chair Exercise at 11am, NATIONAL OREO COOKIE DAY, Oreo craft with Nikki at 12:30 pm, Needle Work Group 1-3pm
- **Thursday, March 7th** - Euchre 9am - 11:45am, BIRTHDAY BASH, Chair Volleyball at 12:30 pm
- **Monday, March 11th** - Euchre 9am - 11:45am, Lunch provided by Michelle and PACE Senior Community Care and presentation 'Long Term Care in Your Home' at 12:30pm
- **Tuesday, March 12th** - Euchre 9am - 11:45am, Chair Exercise at 11am, Chair Volleyball at 12:30pm
- **Wednesday, March 13th** - Euchre 9am - 11:45am, Yoga for All with Amy at 12:30 pm, Needle Work Group 1-3pm
- **Thursday, March 14th** - Euchre 9am - 11:45am, Marli with American Senior Benefits available at 10:30am, Drum Circle with Ian at 12:30pm
- **Monday, March 18th** - Euchre 9am - 11:45am, Chair Massage at 10am, NATIONAL SLOPPY JOE DAY, local author Jill Campbell book talk at 12:30pm
- **Tuesday, March 19th** - Euchre 9am - 11:45am, Paul and Tai Chi at 12:30pm
- **Wednesday, March 20th** - Euchre 9am - 11:45am, Chair Exercise at 11am, Cards and Board Games at 12:30pm, Needle Work Group 1-3pm
- **Thursday, March 21st** - Euchre 9am - 11:45am, Tracy and Premier World Discovery present travel options for 2024 & 2025 at 12:30pm
- **Monday, March 25th** - Euchre 9am - 11:45am, MARCH MADNESS DAY, March Madness lunch and games with Karen at 12:30pm
- **Tuesday, March 26th** - Euchre 9am - 11:45am, Mind Benders with Jackie from Williamston CADL at 12:30pm
- **Wednesday, March 27th** - Euchre 9am - 11:45am, Chair Exercise at 11am, Quarter Bingo at 12:30pm, Needle Work Group 1-3pm
- **Thursday, March 28th** - Euchre 9am - 11:45am, DETROIT TIGERS DAY, Todd Walters presents Detroit Tigers stories and memorabilia at 12:30pm

**Unfortunately, there may be times the activities are subject to change*

APRIL 2024 ACTIVITIES

- **Monday, April 1st** - Euchre 9am - 11:45am, Blood Pressure Screening at 10am, APRIL FOOL'S DAY, Wii Bowling at 12:30pm
- **Tuesday, April 2nd** - Euchre 9am - 11:45am, 'Jam & Jelly' with Mary from MSU Extension at 12:30pm
- **Wednesday, April 3rd** - Euchre 9am - 11:45am, Chair Exercise at 11am, Katherine from DPT of Williamston presents 'Back Care' at 12:30pm, Needle Work Group 1-3pm
- **Thursday, April 4th** - Euchre 9am - 11:45am, BIRTHDAY BASH, Marli from American Senior Benefits presents 'Avoiding Scams' at 12:30pm
- **Monday, April 8th** - Euchre 9am - 11:45am, Craft with Nikki at 12:30pm
- **Tuesday, April 9th** - Euchre 9am - 11:45am, Chair Volleyball at 12:30pm
- **Wednesday, April 10th** - Euchre 9am - 11:45am, Chair Exercise at 11am, Field Trip to the Marquette of E. Lansing (details to come), Needle Work Group 1-3pm
- **Thursday, April 11th** - Euchre 9am - 11:45am, Drum Circle with Ian at 12:30pm
- **Monday, April 15th** - Euchre 9am - 11:45am, Chair Massage at 10am, Brandy from Independence Village of East Lansing presents at 12:30pm
- **Tuesday, April 16th** - Euchre 9am - 11:45am, Pictionary at 12:30pm
- **Wednesday, April 17th** - Euchre 9am - 11:45am, Chair Exercise at 11am, Quarter Bingo at 12:30pm, Senior Benefit Fund Meeting 1pm, Needle Work Group 1-3pm
- **Thursday, April 18th** - Euchre 9am - 11:45am, NATIONAL EXERCISE DAY, Tech with Drew at noon, WASC Board Meeting at 1pm
- **Monday, April 22nd** - Euchre 9am - 11:45am, Dr. Carol Munson D.O. presents her book 'Aging Optimally' at 12:30pm
- **Tuesday, April 23rd** - Euchre 9am - 11:45am, Mind Benders with Jackie from Williamston CADL at 12:30pm
- **Wednesday, April 24th** - Euchre 9am - 11:45am, SHIRLEY TEMPLE'S BIRTHDAY, Chair Exercise at 11am, 'Poor Little Rich Girl' movie and popcorn, Needle Work Group 1-3pm
- **Thursday, April 25th** - Euchre 9am - 11:45am, Card Making with Sandra at 12:30pm
- **Monday, April 29th** - Euchre 9am - 11:45am, Craft with Pat and Nikki at 12:30pm
- **Tuesday, April 30th** - Euchre 9am - 11:45am, Nancy from MSU Extension presents 'Who Gets Grandma's Yellow Pie Plate?' at 12:30pm

**Unfortunately, there may be times the activities are subject to change*

MARCH MENU

Williamston Area Senior Center March 2024 Lunch Menu

Please Call
#517-655-5173
to make reservations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Lunch Sponsored by Vista Springs Timber Ridge Donations Accepted	5 Manicotti, Summer Squash, Spinach Salad, Garlic Toast, Applesauce, Skim Milk	6 Shepherd's Pie, Green Beans, Cauliflower, Sliced Bread, Orange, Skim Milk	7 Chicken Stir Fry, Baby Corn, Fried Rice, Fresh Apple, Skim Milk	8	9
10	11 Lunch Sponsored by PACE Senior Community Care Donations Accepted	12 Baked Ham, Sweet Potatoes, Cauliflower, Muffin, Applesauce, Skim Milk	13 Baked Chicken, Carrots, Potato Salad, Pineapple, Skim Milk	14 Pork Roast, Broccoli, Wild Rice, Spinach Salad, Fresh Apple, Skim Milk	15	16
17	18 Sloppy Joes, Chips, and Dessert \$4 per person	19 Baked Fish, Broccoli, Couscous, Tossed Salad, Fresh Melon, Skim Milk	20 Macaroni & Cheese, Stewed Tomatoes, Cauliflower, Sliced Bread, Pineapple, Skim Milk	21 Hamburger on Bun, Macaroni Salad, Tossed Salad, Banana, Cherry Crisp, Skim Milk	22	23
24	25 March Madness Hotdogs & Fixings \$4 per person	26 Roast Turkey, Peas, Mashed Potatoes, Dinner Roll, Fresh Orange, Banana Pudding, Skim Milk	27 Ham, Scalloped Potatoes, Carrots, Blueberry Muffin, Banana, Skim Milk	28 Sausage Patty, Hashbrown Potatoes, Pancake, Vegetable Juice, Pears, Skim Milk	29	30

DONATIONS & BIRTHDAYS



Thanks to the following individuals and groups for their donations to the WASC. And, to all of the Seniors who signed 300 Christmas cards for the "Make a Veteran Smile" in the 3 VA Homes in Michigan!



HAPPY BIRTHDAY

December 2023

- Alice Heim in Memory of Elaine Morse
- Alice Heim in Memory of Clyde Grant
- Delores Fate in Memory of Elaine Morse
- Delores Fate in Memory of Virginia Taschner
- Steve & Brenda Arnoczky
- Russ & Susan Cockerill in Memory of Clyde Grant
- Russ & Susan Cockerill in Memory of Elaine Morse
- The Zemanski Family Foundation
- Michael & Elizabeth Kowalske
- Jolene Gustafson
- Ann Howell
- Ron & Dawn Harris in Memory of Elaine Morse
- Ron & Dawn Harris in Memory of Clyde Grant
- Marilyn Thompson

January 2024

- Brad & Lou Sharp
- Gene Dietz
- Cathy O'Connor
- Russ & Susan Cockerill

March

Brenda Arnoczky
Sharon Basil
Barb Bridges
Dale Howe
Violet Lentz
Kathy Sheathelm
Tracy Shingledecker
Harold Sodeman
Sandy Thomasson
Robert Ward
Joel Washington
Jerrel Webb
Darlene Westrate
Steve Wing
Pattie Wieber

April

Sharon Anderson
Allie Clendenan
Pat Cookingham
Beverly Jablonowski
Jack Joseph
Jacqueline LaForge
Janet Peckens
Charles Rogers
Mary Rubus
Kathie Sodeman
Karen Spak
Bob Thomasson
Arla Weaver



WILLIAMSTON AREA
SENIOR CENTER

Williamston Area Senior Center
201 School Street, PO Box 343
Williamston, MI 48895
www.williamstonseniorcenter.org

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WASC Information

Phone: 517-655-5173



*Check out our Facebook page!
And don't hesitate to call the
center with questions about
activities-events or to make reservations
for lunch.*

**WILLIAMSTON AREA SENIOR CENTER
MEMBERSHIP DUES 2024**



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/PHONE: _____

ARE YOU A NEW MEMBER _____ RENEWING MEMBER _____

BIRTH DATE: _____

ARE YOU A VETERAN YES _____ NO _____

I GIVE THE WASC MY PERMISSION TO USE ANY PHOTOS/VIDEOS

TAKEN OF ME: YES _____ NO _____

WOULD YOU LIKE TO VOLUNTEER: YES _____ NO _____

Initials _____ Date _____ Check # or Cash _____ Amount _____ Newsletter _____

Please complete form and return with your payment to:

**Williamston Area Senior Center
201 School Street, P.O. Box 343
Williamston, MI 48895**