



Forks Senior Center

101 N. Albion Street
PO Box 944
Albion, MI 49224

Phone: (517) 629-3842
Fax: (517) 629-5827
Website forksseniorcenter.org

May 2025

Inside This Issue Page

Member News	1
Leadership Message	2
Board & Member Info	3
Monthly Activities	4 & 5
May 2025 Calendar	6
Member News & Birthdays .	7
Senior Information.....	8 & 9
Senior Info and Local Ads..	10
Local Ads	11
Board and Funding	12

May 16 FSC Euchre Tournament Fundraiser

Our second tournament of 2025 will be May 16. \$10 to play. We raised \$391 at the March 14 event. Thank you to everyone who participated. Everyone had a good time. Light dinner at 6 p.m. with play starting at 7 p.m. Door prize raffle drawing after event ends.

We also need door prizes, people to donate food items for dinner, and assistance setting up and working the event. We will have a signup sheet out on the counter as the event gets closer.

Senior Expo at Kellogg Arena May 22



Calhoun County Senior Services is once again organizing a senior expo at Kellogg Arena. The free event will be from 9 a.m. to 1 p.m. on Thursday, May 22. Lunch is provided with free coffee and donuts. Organizations that serve older adults will be available to talk about services and programs. There will be free parking in the parking ramp. Now that construction is completed, they will be using the entrance off of McCamly Street to enter the parking ramp. Community Action is providing transportation if you call 800-994-9876 to schedule a ride.

Fire Safety Event May 12 at 3 p.m.

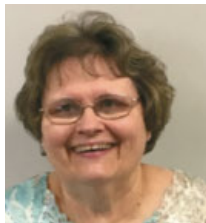


On May 12 at 3 p.m. Chad Everett, an Outreach Educator for the Michigan Prevention Program Bureau of Fire Services, will be presenting about fire safety and talking about a program that is helping to get smoke and CO detectors installed in Albion area homes. Chad has been working with Albion Public Safety to bring this resource to Albion. Albion Township is also assisting. Albion College AmeriCorps students have been assisting in installing the devices. There are also special equipment for people with hearing or vision concerns.

Chad Everett served was the Assistant Fire Chief for the Jackson Fire Department and retired after 27 years of service. He has been involved in various community service and public safety initiatives during his decades of service. A signup sheet for this event is available at the center, or you can RSVP by calling the center at 517-629-3842.

BOARD PRESIDENT'S MESSAGE

Carol Maynard



It was a busy day at the FSC on April 17th. The day began with the Fitness & Fun class with 26 in attendance, Sprout distribution, monthly potluck, followed with the musical group LADAMA presenting a workshop. There were 16 members in attendance who enjoyed an hour of the entertainment from female musicians from Columbia, Brazil, and Venezuela.

I encourage everyone to take the time to read our monthly newsletter and check out all the different activities available at the center and also classes being offered by AALL in May.

Our second Euchre Night is May 16th. Please pass the word along as we would love to see the Multi-Purpose room filled. On the counter there are sign-up sheets for people to provide raffle items and also sign up to provide food for the light supper. Everyone's help is most appreciated.

Note if you have had a change of address, emergency contact information or phone numbers, it would be most appreciated if you would provide that information to the front desk.

We all know of seniors out there who could benefit from FSC. Why not invite them to stop in and check us out. We offer 3 free visits and then a decision can be made if they want to become a member.

Bev Bentley, one of the founding members of FSC has now moved to Vista Grand Villa in Jackson and would love to hear from her friends.

As always if you have concerns or suggestions please speak with Luann, myself, or any board member.

EXECUTIVE DIRECTOR'S MESSAGE

Luann Sommers



May is a very busy time of year. Please read over the newsletter to see all of the great things going on.

May 7 CareWell Services is taking a charter bus to Lansing for Older Michiganian's Day. Call CareWell at 269-966-2450 as soon as possible if you plan to go. The bus will fill up quickly. They are picking up in Albion this year.


May 12 at 3 p.m. we will be having a presentation on Fire Safety from the Michigan Fire Prevention Bureau. They have been working with Albion Public Safety to get smoke and CO detectors installed in local homes.

Family Fare is coming for another shot clinic on May 14 at noon. You must sign up before hand and fill out an insurance form.

May 16 is our Euchre fundraiser. Come join in the fun if you are able and help support the center.

May 22 is the Annual Senior Fair at Kellogg Arena in Battle Creek. This huge event from 9 am to 1 pm is always a good event. Community Action will provide transportation if you sign up early.

The Whitehouse Nature Center is working on a June 11 Senior Spring Break event from 10 am to 12 noon. They will be at the center on May 15 at 10 am and May 16 at 6 p.m. (just prior to the Euchre event) to share more information about this fun upcoming event.

This month's item I have hidden for you to find in the newsletter is a raindrop.  I was thinking that Spring flowers bring May flowers. Happy hunting.

BOARD AND INFORMATION

May FSC Board Meeting

The May Board of Directors meeting will be **Wednesday, May 28, at 1 p.m.**, in the Conference Room.

Board meetings are held the fourth Wednesday of each month at 1 p.m. Members and guests are welcome to attend and offer comments or suggestions at the end of each meeting. Member input is important and it helps us to have an even better center.

Legal Services to be available May 28 at FSC



LSSCM
MAKING JUSTICE A REALITY

Legal Services of South Central Michigan will be available on May 28 from 10 to 11 a.m. An attorney will be available to answer your questions. If you are unable to attend and would like to reach them please call 269-224-5043. A signup sheet will be available at the center for you to sign up for an appointment.

FSC Pop Can Fundraiser

We continue to collect pop cans and bottles as a fundraiser for the Center. There is a collection container just inside our entrance to put clean cans and bottles in. A huge shout out to Carol and Larry Maynard who have been returning our cans and bottles.



We have raised **\$251.10** since we began this fundraiser. Our 2025 goal is to raise \$1,000. Please bring in your clean cans and bottles. If anyone else is interested in helping return bottles, please let Luann or Carol know. Every little bit helps. Thank you for helping to support FSC and recycling to help save our planet.

MEMBER INFORMATION

May 7 is Older Michiganian's Day at Capitol



CareWell Services will be taking a charter bus up to the Capitol for this great event to advocate with your legislators to ensure that critical supports for older adults continue to be funded. To sign up to ride the bus please call CareWell at 269-966-2450.

Family Fare Shot Clinic May 14 at Noon

A Family Fare pharmacist will be at FSC at noon on Wednesday May 14 to provide vaccines. They will be offering Covid updates, Pneumonia and RSV.



You must fill out an insurance form prior to the event. The form will be available on the clipboard when you sign up. Forms need to be returned to Luann Sommers. Contact the Family Fare Pharmacy at 517-629-2286 with specific questions. Insurance forms need to be turned in by May 9.

Whitehouse Nature Center June event info

Inviting all members to information sessions with the Whitehouse Nature Center at FSC on May 15 at 10 am and May 16 at 6 pm. They will be sharing information about a June 11 Senior Spring Break event at the Nature Center. The session will cover who they are, what the event will offer, and further information through a question and answer period.

Senior Spring Break will be June 11 from 10 am to 12 pm. It will be an opportunity to learn more about the Nature Center and join in on some fun activities. You can learn new skills and engage in fun activities with friends. Stay tuned for more information about this June event. Visit their website <http://albion.edu/naturecenter> or their Facebook page for more information.

MONTHLY MEMBER ACTIVITIES

Bid Whiz

The Bid Whiz group has not met in some time. They decided to take a break. They have several members traveling and a couple have passed away.

Grocery and Penny Bingo

Wednesdays and Fridays

at 9:30 a.m. in

Front Conference Room

Bingo is offered on Wednesday and Friday at 9:30 a.m. in the Front Conference Room. Prizes include food items such as snacks and other goodies.



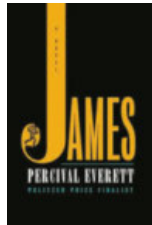
Book Club

Thursday, June 12

From 2 - 3 p.m. in

Multipurpose Room

Book Club usually meets the third Thursday of every other month at 2 p.m. June's book for discussion will be **James A Novel by Percival Everett**. If you would like to participate, please join them for the next meeting.



Breakfast Club

Tuesday, May 13 at 8:30 am

Alpha Koney Island

1188 Jackson Crossing,

Jackson 517-787-6290

All members are welcome to attend. The signup sheet is available at the Center. Meet at FSC at 8 a.m. to carpool or meet at the restaurant at 8:30 a.m. Breakfast Club meets the second Tuesday of each month. Come meet new friends and enjoy a good breakfast.



Bunco

Wednesday, May 14 at

1 p.m. in the

Multipurpose Room

Bunco is the second Wednesday at 1 p.m. in the Multipurpose Room.

Coloring and Conversation

Thursday, May 29 at 3 pm

Creative coloring and conversation is led by Juanita Coney and is open to all who want to attend. Coloring meets the last Thursday of each month in the front lobby.

Cribbage Club

Thursday at 1 p.m. in Activity Room

If you are interested in playing, or learning to play, stop by and join in on the fun.



Euchre Club

Mondays & Tuesdays 1 - 3 p.m.

in Social Room

Euchre Club meets Mondays and Tuesdays from 1 to 3 p.m. in the Social Room.

Exercise Classes

Early Risers Exercise Group does active exercising Monday and Wednesday at 8:30 a.m. with Carol Maynard in the Multipurpose Room.

MoveWell Exercise Class led by **Colleen Acker from CareWell Services** is Tuesday at 10:00 a.m. in the Multipurpose Room. Varied exercises using weights and bands, standing and sitting. A versatile class, working the whole body and ending with a calming cool down.

SilverSneakers® is a gentler exercise group that meets Monday at 10 and Friday at 10:15 a.m. **SilverSneakers classes are provided to our SilverSneaker's members at no additional cost. We do request that all other members donate \$1 per class to help cover instructor certification.**

Fitness Center

The **Fitness Center** is open 8 a.m. to 5 p.m. Monday through Thursday and 8 a.m. to noon on Friday. We are currently looking for another Fitness Trainer to help support members questions and needs while using the center.

MONTHLY MEMBER ACTIVITIES

Five Crowns

Monday at 1 p.m. in
Conference Room



Five Crowns meets on Monday at 1 p.m. It is a type of rummy with a five-suited deck and a twist that appeals to a wide array of card players! This classic game features a unique double deck that contains five suits, spades, clubs, hearts, diamonds and stars! This special deck makes it easier to arrange your hand into books and runs.

Healthy Eating Group

May 15 at 10:30 a.m.
in Meal Site Room



Healthy Eating Group meets on the third Thursday at 10:30 a.m. A sign up sheet is available at the center. New people are always welcome to join the group. Tina Guajardo Nutritionist from Bronson leads the group. If you have any questions please call Tina at 269-245-8016.

The Long Game

Wednesdays at 1 p.m.
in Conference Room



The Long Game is played in the Front Conference Room the first and second Wednesday and in the Multipurpose room the third and fourth Wednesday.

The Long Game is a form of Rummy card game. If you want to play, or learn how to play, show up and join in the fun.

They are always looking for new players and they are more than willing to teach you how to play. They also have good snacks, so bring a snack and stop in and check the game out.

Lunch and Learn

Thursday, May 1
at Noon in Conference



Room \$5 for lunch. Sign up at the Center

Lori Gilmer from Centrica™ Care Navigators will be sharing about their services. They focus on you as a whole person – not just your illness or disease – and surround you with a circle of care and compassion for your body, mind and spirit.

Ping Pong

Multipurpose Room at
9 a.m. on Tuesday and Friday



Ping Pong is Tuesday and Friday at 9:00 a.m. This is a co-ed group open to all. They are always looking for more players to join in on the fun.

May Potluck

May 15 at 12 p.m. in
the Multipurpose Room



Come eat lunch with us at noon on May 17. Bring a dish to pass and join us for fellowship and fun. Sign up at the center if you plan to attend and let us know what you will be bringing. Dishes do not have to be homemade, but always enjoyed if they are. Hope to see you there.




Sit N Stitch

Tuesdays from 1 - 3 p.m.
in the Conference Room



Sit N Stitch meets on Tuesday from 1 to 3 p.m. in the Conference Room. If you would be interested in learning how to knit or crochet, please join the group at their next meeting. They love to share their skills with others.

MAY 2025 ACTIVITIES CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>CR Conf. Rm FL Front Lobby MP Multipurpose MS Meal Site SR Social Rm</p>	<p>1 9:30 Fitness & Fun 10:30 Sprout 12 Milestone Meals 12 Lunch & Learn CR 1 Cribbage MS 2 Book Club CR</p>	<p>2 9 Ping Pong 9:30 Bingo 10:15 Silver Sneakers 12 Milestone Meals Close at Noon</p>
<p>5 8:30 Early Risers 10 Silver Sneakers 12 Milestone Meals 1 Euchre SR 1 Five Crowns CR</p>	<p>6 9 Ping Pong MP 10 MoveWell Class 12 Milestone Meals 1 Euchre SR 1 Sit & Stitch CR</p>	<p>7 Older Michiganian's Day 8:30 Early Risers 9:30 Grocery Bingo 12 Milestone Meals 1 Long Game CR</p>	<p>8 9:30 Fit & Fun 12 Milestone Meals 1 Cribbage MS</p>	<p>9 9 Ping Pong 9:30 Bingo 10:15 Silver Sneakers 12 Milestone Meals Close at Noon</p>
<p>12 8:30 Early Risers 10 Silver Sneakers 12 Milestone Meals 1 Euchre SR 1 Five Crowns CR 3 Fire Safety MP</p>	<p>13 8:30 Breakfast Club 9 Ping Pong MP 10 MoveWell Class 12 Milestone Meals 1 Euchre SR 1 Sit & Stitch CR</p>	<p>14 8:30 Early Risers 9:30 Grocery Bingo 12 Milestone Meals 12-1 Shot Clinic 1 Bunco MP 1 Long Game CR</p>	<p>15 9:30 Fitness & Fun 10:30 Sprout 10:30 Healthy Eating CR 12 Milestone Meals 12 Potluck MP 1 Cribbage MS</p>	<p>16 9 Ping Pong 9:30 Bingo 10:15 Silver Sneakers 12 Milestone Meals Close at Noon 6-9 Euchre</p>
<p>19 8:30 Early Risers 10 Silver Sneakers 12 Milestone Meals 1 Euchre SR 1 Five Crowns CR</p>	<p>20 9 Ping Pong MP 10 MoveWell Class 12 Milestone Meals 1 Euchre SR 1 Sit & Stitch CR</p>	<p>21 Footcare 8:30 Early Risers 9:30 Grocery Bingo 12 Milestone Meals 1 Game Day MP</p>	<p>22 9-1 Senior Expo @ Kellogg Arena 12 Milestone Meals 1 Cribbage MS</p>	<p>23 9 Ping Pong 9:30 Bingo 10:15 Silver Sneakers 12 Milestone Meals Close at Noon</p>
<p>26 Center Closed Memorial Day </p>	<p>27 9 Ping Pong MP 10 MoveWell Class 12 Milestone Meals 1 Euchre SR 1 Sit & Stitch CR</p>	<p>28 8:30 Early Risers 9:30 Grocery Bingo 10 Legal Services 12 Milestone Meals 1 Long Game MP 1 Board Meeting CR</p>	<p>29 9:30 Fit & Fun 12 Milestone Meals 1 Cribbage MS 3 Coloring FL</p>	<p>30 9 Ping Pong 9:30 Bingo 10:15 Silver Sneakers 12 Milestone Meals Close at Noon</p>

MEMBER NEWS

Welcome New Members

Darla Conley
Royce Crandall
Jim Kolodica
Kathy Payne
Lynn Stevens

New Pen Pal Program Coming

FSC was contacted by the APO Academic Fraternity at Albion College about starting a new Pen Pal program with FSC. Applications will be available to fill out with a short survey of your interests, so that you can be matched with a student who may share your interests. Details are still being worked out, but if you have any questions, or would like to be involved, please see Luann Sommers for additional information.

Tech Savvy Seniors

Several of our Tech Savvy students will be graduating in May, so the schedule will be changing. We may not have a student for a short period but we are hoping to have the program continue during the summer.

Sprout

SPROUT delivering May 1 and 15

SPROUT will be distributing at FSC in May on the 1st and the 15th. They deliver at 10:30 a.m. It is a first come first serve distribution. They are very efficient and in and out in a short matter of time. So, if you would like the produce, I would recommend coming early.

MEMBER BIRTHDAYS



Cheryl Dean	2
Teri Nelson	2
Lois McCullen Parr	2
Charles Earl Wardley	5
Patrick Webster	6
Teresa Burkwalt	7
Joyce Butler	8
James Youngdahl	9
Ruby Coats	9
Eugene Collins	11
Bobby Summa	12
Evelyn Horosko	13
Cristobal Solis Sr.	15
Dorothy Shelly	16
Paul Harrington	17
Charles Warner	18
Teri Face	19
Jacquelyn Harris	19
Elizabeth Lowe	19
Anita Sachjen	19
Nancy Sprandel	20
Jill Cline	21
Vera Simpson	22
Joyce Landenberger	22
Carol Yeomans-Phelan	23
Roger Gilg	24
David Huber	24
Grace Kidder	25
Patricia Wilson	25
Roberta Armstrong	26
Nathaniel Bogan	27
Jennifer Garvin	28
Chester Zerbe	29
Pati Scobey	31

INFORMATION FOR SENIORS

Senior Health Partners Fitness & Fun

Weekly exercise program with Corky Segall is Thursdays at 9:30 a.m. in the Multipurpose Room. Exercises build strength, balance, and increase your flexibility while stretching. Linda Smith, RN will test your blood sugar, blood pressure, pulse ox, and check medications. You do not need to be a member to attend.

Other local Fitness and Fun locations include: **Car-ing Community Church** Wednesdays at 1 p.m. **Marshall at the VFW** Tuesdays at 6 p.m. **Convis Township Hall** on Wednesdays at 1 p.m. To sign up or if you have questions please call the Senior Health Partners office at 269-441-0948.

Veteran Service Officers available to help

Preston Russell is available at the VA to assist veterans. He works for Vietnam Veterans of America and can be reached at 517-420-1217 or by email at prussell.vso@outlook.com. Calhoun County Veteran's Services is also available to help. Their phone number is 269-969-6735. Website is va@calhouncountymi.gov for more information.

Milestone Meal Site at FSC

Milestone Senior Services offers senior meals at FSC Monday through Friday. To reserve a meal call Milestone at **269-382-0515 X318**. Messages may also be left with the FSC receptionist that will be forwarded to Milestone.

Meals are provided on a donation basis for Calhoun County seniors 60+ and supported by funding from Calhoun County Senior Millage and Care-Well Services Southwest. Please help support this local resource by attending and spreading the news to other older adults who may be interested.

Marengo and Eckford Senior Lunch

Senior lunch is available every other Wednesday at 12:30 p.m. at the Marengo Community Center at 325 College Street, Albion. On the opposite weeks, coffee and donuts will be served from 9 - 10:30 a.m. at the East Eckford Community Church at 9995 22 Mile Road, Marshall.

Please check the Marengo Township website *Marengomi.gov* for specific dates. The meals are supported through funding from the Calhoun County Senior Millage. Free lunch is followed by a speaker, BINGO or other activity. If you have questions please contact the Eckford Township Clerk, LeAnne Blight at 517-937-8273 for more information. Calhoun County Senior Millage assisted with luncheon costs through a mini-grant awarded to the group.

Lee Township Senior Social

On **Tuesdays at 12:30 p.m.** Lee Township has a group of seniors who are meeting for lunch and to play Euchre. Occasionally they have different speakers who talk about local resources or information.

Euchre begins at 1 p.m. and there is a \$2.00 suggested donation to play. All money is paid out at the end.

If you would like to join them, the township hall is located at 23045 21 Mile Road, Olivet. If you are going to join them for lunch please RSVP by the Monday before each date. Text or call Marie Ames at 517-740-4405.

Calhoun County Senior Millage assisted with luncheon costs through a mini-grant awarded to the group.

ALBION AREA LIFELONG LEARNERS MAY CLASSES

Upcoming AALL Courses

The History and Art of Early Cinema

George Strander, Cinephile

Tuesdays, 2 pm to 5 pm. May 6, 13, 20, 27. Bobbitt Auditorium. Class size unlimited.

Everyone is familiar with movies, but not necessarily with how the art developed, and how this shapes what we see today. This course delves into the origins of film in the late 19th Century (and the precursors to its development), and tracks the sometimes-complicated story of the technology, business, and reception of film up to the end of the silent era around 1930. Each class will be a combination of lecture with discussion and feature film presentation. Lectures will make full use of audio-visual complements, including expository clips from films of the relevant time period.

Animal Migration

Dale Kennedy, Professor emerita,

Albion College Biology Department

Wednesdays, 2 pm – 4 pm. May 7, 14, 21, 28. Ludington Center, 113. Class size unlimited.

Many animals are on the move in and around Albion and all over the world. Some animals, such as amphibians, move only a small distance; others, such as many birds, monarch butterflies, and dragonflies, may move thousands of miles. We will look at migration patterns of a variety of animals, including one or more members of each group of vertebrates (fishes, amphibians, reptiles, mammals, and birds) and some insects and crustaceans. We will address several questions: We will include an optional field trip to Whitehouse Nature Center on Saturday, May 10, which is World Migratory Bird Day. Supplemental reading and videos will be sent out ahead of each class by email.

Movies About Horses

Movies About Horses

Jim Youngdahl, hippophile

Thursdays, 2-4 pm.

May 1, 8, 15, 22. at the Bohm Theatre



The Horse Movie series will start with **Secretariat** (2010), so you will be ready for the 151st Kentucky Derby on May 3! The second movie will be **Let it Ride** (1989), followed by **The Horse Whisperer** (1998), and **Seabiscuit** (2003). Join Jim to learn more about horses and horse racing at the AALL Bohm Movie Series, during May 2025.

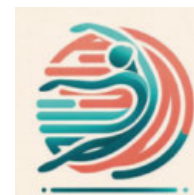
Movement for Wellness

Kristy Clement,

Artistic Director & President
of Fluence Arts Organization

Thursdays, 5:30 p.m. – 7 p.m.

May 1, 8, 22, 29. Studio space, First United Methodist Church.



Movement for Wellness class includes gentle stretching, strengthening and movement exercises and exploration based on dance techniques and kinesiology.

Participants should wear comfortable clothing that allows for one's own full range of movement and a clean pair of shoes. Participants are encouraged to bring water and something to take notes if they wish.

Lifelong Learners' Membership

Albion Area Lifelong Learner membership dues will be \$30 beginning July 1, 2025. Dues will be prorated to the start of the three academic sessions (\$30 for the entire year, \$20 if a person joins after one session, and \$10 if a person joins after two sessions).

INFORMATION FOR SENIORS

Forks Senior Center Mission Statement

“The Forks Senior Center exists to improve and maintain the physical, mental, and social well-being of the area’s senior citizens.”

Vision Statement

To become the resource center for senior services in Albion and surrounding areas.

Hours

Monday-Thursday...8 am - 5 pm

Friday8 am - Noon

Membership \$75/year

Ages 60+

Reduced memberships are available to those who are income eligible.

SENIOR ADVOCACY AT THE CAPITOL



Older Michiganians Day
Charter Bus Trip

MAY 7, 2025

Pick-up locations in Battle Creek, Marshall, and Albion.

Pick-up times vary based on location. Lunch provided.

Must be able to climb steps. Reservation required by May 2.

Call 269.966.2450

Limited seats available



This transportation is funded in part by Calhoun County Senior Millage



HearWell & SeeWell Senior Hearing & Vision Services

*FREE eye exams, glasses,
hearing exams, and hearing
aids to qualified individuals
in Calhoun County.*

Call to complete an application by phone

269-966-2450

REGION 3B AREA AGENCY ON AGING



PROMOTING HEALTH • INDEPENDENCE • CHOICE



Do you have your



in a row ?

Housley Peters LAW OFFICE

ESTATE PLANNING • WILLS • TRUSTS • POWERS OF ATTORNEY

Probate and Trust Administration

905 W. Michigan Ave., Suite A • Marshall, Michigan 49068
(269) 248-6500 • www.HousleyPeters.com



EXPRESS CARE ALBION

OPEN 365 DAYS A YEAR!

WALK-INS WELCOME 8AM-8PM

oaklawnhospital.org/albion

J. Kevin Tidd Funeral Home

811 Finley Dr. • Albion
(517) 629-7050

Every Detail Remembered | Dignity



2025 Calhoun County Senior Expo



May 22, 9:00am - 1:00pm

Kellogg Arena

McCamy Street in Downtown Battle Creek

A *Free* event featuring local businesses and services of special interest to older adults, age 60 and over, their families and caregivers.

* *Free Rides within Calhoun County provided by Community Action*
Call 1-800-994-9876 to reserve a ride.

- * Free parking in parking garage
- * Free coffee & donuts
- * Free lunch
- * Health Checks
- * Demonstrations
- * Interactive displays
- * Wheelchairs available
- * Give-a-ways & raffle

Generously sponsored by



For details call 269-781-0846

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME

Terry Sweeney

tsweeney@lpicommunities.com

(800) 477-4574 x6407



For ad info. call 1-800-477-4574 • www.lpicommunities.com

15-0768



Forks Senior Center
 101 N. Albion St., Box 944
 Albion, MI 49224

PRESORTED
 STANDARD
 U.S. POSTAGE PAID
 ALBION, MI 49224
 PERMIT NO. 147

Board of Directors

Carol Maynard, President
 Charles Warner, Vice President
 Eddie Visco, Treasurer
 Anne Lake, Secretary
 Tonya Arnett, Marlene Goodman,
 Marilyn Kniburys, Arlona McCallum,
 Dick Rutkoskie, Staci Stuart,
 Eddie Williams, and SMAC Reps.
 Willie Tabb and Isabell Nazar

FSC Staff

Luann Sommers, Executive Director
 Barbara Knight, Office Manager
 Margaret Sleeper, Office Assistant

Fitness Instructors

Gloria Fisher, Carol Maynard,
 and Arlona McCallum

Funding for FSC provided by:

Albion Area Philanthropic Women
 Albion Community Foundation's
 Healthy Seniors Endowment Fund
 Battle Creek Area Association of Realtors®
 Calhoun County Senior Millage
 CareWell Services Southwest
 City of Albion Recreation Millage
 Delmar & Audria M. Olson Family Foundation
 Veterans of War

FREE COUPON

Be our guest at the Forks Senior Center!
Good for 3 FREE visits!
 This card is good for 3 free visits. You must
 register as a guest when you come to the center.
 No appointment needed.
 Guests must be 60 years of age or older

