
March 2025

Mercer County Senior Center

137 W Main St. Aledo, IL 61231

309-582-7221/855-582-6272

Hello **All**,

Medicare Advantage Enrollments ends on **March 31,2025**. In order to make **any changes** you need to have an **Advantage Plan** or was in a **Plan** that **left the area!** We of course are still assisting with **LIS (Extra Help) applications**.

The **4-H Club** will be hosting their **Annual Spaghetti Drive** here at the Center on **3/1/2025** from **11am-1pm!** See flyer attached!

A **Free Presentation** on **Your Journey, Your Decision: A Discussion on Advanced Funeral Planning** by **Annette Speer** on **March 11th @ 1pm!**

We would like to extend our **heartfelt thanks** to **Visit MerCo** for their invaluable help with **securing grant funding** for our digital class. Thanks to the grant, we were able to acquire new **tablets** and **iPads** for use at the center. **We truly appreciate your time and assistance in making this possible.** Thank you for your support!

We still have **ADRD funding** that **we need to use up!** If you or someone you know is **caring** for **someone** with **Alzheimer's, Dementia or other related cognitive issues** we can **help!** Please see the attached **flyer** and **give us a call!**

We will also be having **Caregiver Open Office Hours** again! **Rylie** with **Alternatives** will be coming to the Center once a month. **No appointment needed at this time!**

Rylie will be joining us to kick off the **Stress Busting Class** for **Caregivers** on **March 10, 2025**, from **12:30 to 2 PM.**

"Spring won't let me stay in this house any longer! I must get out and breathe the air deeply again." -Gustav Mahler



Stay Engaged at your Clubhouse!

The winner for the February Icon search is **June Goben!** Find this month's **Rainbow** then call to be included in this month's drawing.

Every Monday the Center is Open: **Virtual Moving with Milly (10:00)**

Monday & Friday's: Bridge (12:00) *Only when the office is opened! If we are only offering meals that day, we will not be hosting cards! *

Healthy Eating, Great Food & Even Better Company! Eating well is just the beginning—our Senior Nutrition Program is open to anyone 60 and older, offering delicious meals and a welcoming space to connect with others! Whether you're catching up with old friends or making new ones, every meal is an opportunity to nourish your body and mind. Find a meal site near you: <https://www.jamiesoncommunitycenter.org/senior-nutrition>. This program is partially funded by Western Illinois Area Agency on Aging and United Way of Greater Warren County.

We serve congregate meals at Mercer County Senior Center, M-F at 11:30AM for all adults 60+. Check out our menu and choose your favorites! **Reservation required 24 hours in advance. Call Hannah at 309-337-1938 to secure your spot! Thank you, Jamieson center Staff.**

Understanding the **challenges caregivers** face in **finding time** for **themselves**, we're introducing **several new ways** to participate, including a **virtual option**. We recognize how **difficult** it can be to **step away** from your **loved one**, so we want to make it as **easy** as possible for you to **attend**. To support this, we will **provide all** the **necessary supplies** for **participating** in the class **virtually** from the comfort of **your own space**. **This way**, you can still **benefit** from the **class** without the added **stress** of travel.

Our **activity calendar** is full of possibilities for **engagement**. We will have our **Senior Digital Class 3/11/2025 @ 10am**. We won't be having Gal's Day this month instead we are going to have a **Game Day, ALL are welcomed! 3/13/2025 @ 12:30! Men's meal and Bingo will be on 3/20/2025 @ 11:30 & 12:30**. We are going to try **Chair Yoga** this month as well as **Moving with Milly** on Mondays.

Caregivers we need your help, please do an **online assessment** to **assist** with **Caregiving needs** to help reduce the **workload/stress**. click on the **TCARE link** or visit www.mercercountyseniorcenter.com



Calling all able body's that would like to **Volunteer**.
<https://www.justserve.org/MercerCountySeniorCenter>

This is your Clubhouse and your one stop shop to receive all **Local, State & Federal Programs**. Please **call us** with **any and all questions** for **Medicare, Drug Co-Pay Assistance, Part B reimbursement, Medicaid, License Plate discounts, Caregiving, Stress Busting, Caregiver TCARE, Social Engagements and More!** Thank you, we look forward to seeing you soon, **Michelle, Taylor & Molli**.

Happy Birthday to Our March Babies: 3/3: Ida Roth, 3/4: Charles Hendrix, 3/5: Nancy Brown & Delmar Harmon, 3/6: Kenneth Crandall, 3/12: Tracy Smith, 3/13: Betty Wadham, 3/22: Leitha Gowdy & Scott Weeks, 3/24: Sandra Carlson, 3/25: Jean Mahaffey

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Jamieson Center is also hosting their own activities.

Remember we are a warming station Monday -Friday, 8:00-3:00. Most days we have Whitey's Ice cream too!

Mercer County Senior Center Does Not Endorse any for Profit or Nonprofit Entity that shares space, partners with, and/or Advertises within our Establishment.

AVAILABILITY-The Center is a Great Place to Rent for your Family Gatherings, Showers, & Parties. Comfortably seat's 80!

The Computer Lab is ready with 10 New Chromebooks & The Theater Room with Massage Chairs & a Smart TV.