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Perennial Park is a private, non-profit organization established in 1983. The Center is a place where persons 50 & older enjoy pleasant surroundings and share new and interesting experiences with their contemporaries. Perennial Park reaches out to provide a variety of programs and services designed to improve seniors' health, support their independence, and encourage involvement in the community.

2 | FROM THE DIRECTOR

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Board members are eligible to serve two, three-year terms. If you are interested in being a board member or if you have any questions please contact Maggi Monroe, Executive Director at (517) 437-2422. Board meetings are held at 3:00 p.m. on the 4th Tuesday of the month, excluding July and December when the board does not meet.

Dear Friends of the Center,

Thank you for your continued support! In this edition of our newsletter, you'll find inspiration to help you reset, refresh, and step into the months ahead with energy and optimism. Whether you're planting new ideas, clearing space for what matters most, or simply savoring the spring sunshine, we're glad you're here with us.

I am thrilled to share that Perennial Park was recently awarded a grant from the **Michigan Health Endowment Fund**. This award is being used to increase capacity by implementing new, cloud-based software designed to make our operations more efficient, secure, and transparent. Modern, innovative systems will simplify and automate many of our tasks, reducing the time spent on manual data entry and other repetitive processes. By integrating key functions into intuitive platforms, our team will be able to focus more on analysis, planning, strategic decision-making, and spending more time with those we serve—rather than on clerical work.

Implementation is already underway, and our team is receiving comprehensive training to ensure a seamless transition. Thank you in advance for your patience and understanding as we integrate new systems.

I am happy to share that the Fresh Produce Initiative will return in April 2026 and operate through December 2026. If you are a Litchfield resident and would like to register for the April distribution, please call 517-437-2422. Thank you to the **Hillsdale County Community Foundation** for making this opportunity possible!

SAFE+ has a new name and a new program manager! In partnership with **Wayne State University**, **SAFE as Prevention** aims to improve financial literacy, enhance protective factors, and reduce targeted financial exploitation vulnerability. Please contact us to learn more and meet our dedicated program manager!

Thank you for being part of our growing community. As we step into spring, we look forward to a season filled with growth, connection, and hope!

As Warm Regards,

Maggi Monroe
Executive Director



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Pictured on front cover: Staff on Valentine's Day



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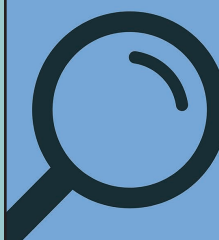


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4 | MARCH LUNCH MENU

MON	TUES	WED	THURS	FRI
2 Salisbury Steak Mashed Potatoes Gravy Mixed Veggies Pineapple Milk	3 Corned Beef Hash Eggs Spinach Apple Milk	4 Chicken & Peppers Black Beans & Corn Spanish Rice Four Tortilla Mixed Fruit Milk	5 Sloppy Joe WW HB Bun Fries Green Beans Peaches Milk	6 Tater Tot Casserole Brussell Sprouts Carrots Pears Milk
9 Chicken Nuggets Mac & Cheese Green Beans Yogurt Milk	10 Corn Chowder Side Salad Crackers Sugar Free Jello Milk	11 Biscuits & Gravy Sausage Cinnamon Apples Juice Milk SENIOR BREAKFAST 8:30am	12 Ham Slice Mashed Potatoes Corn Applesauce Milk	13 Corn Dogs Peas Cali Blend Veggies Pineapple Milk
16 Chicken Enchilada Casserole Refried Beans Sour Cream Apple Milk	17 Corned Beef & Cabbage Red Skin Potatoes Slice of Rye Bread Pineapple Milk HAPPY ST. PATTY'S DAY	18 Italian Sausage Peppers Stewed Tomatoes Pears WW HB Bun Milk	19 Shepherd's Pie Spinach Capri Blend Veggies Sugar Free Pudding Milk	20 Chicken & Biscuit Peas & Pearl Onions Mixed Veggies Grapes Milk
23 Chicken Cordon Bleu Wax Beans Carrots Banana Milk	24 Spinach Tortellini Kielbasa Carrots Apple Delight Breadstick Milk	25 Meatloaf Sweet Potatoes Green Beans Sugar Free Jello Milk	26 Turkey Burger Potato Wedges Cauliflower Grapes WW HB Bun Milk	27 Fish Sticks Scalloped Potatoes Stewed Tomatoes Pears Tartar Sauce Milk CAKE & ICE CREAM HAPPY BIRTHDAY!
30 Beef Hot Dog Baked Beans Capri Blend Veggies Sugar Free Pudding WW HD Bun Milk	31 Veggie Lasagna Green Beans Cauliflower WW Garlic Bread Pears Milk	Lunch is served weekdays from 12-12:45 p.m. Suggested donation: \$5 for those 60 and older \$6 for those under 60 years old You can find the lunch menu, Center activities, and Special Events on our website: www.hillsdaleseniors.org		



320 W. Bacon Street
Hillsdale, Michigan 49242



(517) 437-2422 or
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Visit our website:
www.hillsdaleseniors.org

BUSINESS HOURS

Monday-Friday

8:30 a.m.—4:30 p.m.

FITNESS CENTER HOURS

Monday-Thursday

6:00 a.m.—7:00 p.m.

Friday: 6:00 a.m.—5:00 p.m.

Saturday: 8:00 a.m.—Noon



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By: Grace Broesamle, Marketing and Communications Coordinator

The start of the year brings a calmer energy to the Center. With the holiday season over, we have time to rest and reset for the new year. Let's take a look back on what we got up to during the first couple months of the year.

Our big campaign to start the year was our annual **Subs for Funds** fundraiser! We sold footlong subs throughout January and people could pick them up to enjoy at the Super Bowl in February. We sold 357 subs and raised \$4,900 to go towards the Fitness Center! So far, we have purchased over 30 sets of dumbbells for our Fit Camp class that keeps on growing! We are very thankful for all of the staff members and volunteers who helped sell and make subs! The top seller was Cindy Flynn! She sold 188 subs and raised \$1,905 for the campaign. We are incredibly thankful for our dedicated staff, volunteer base, and community, and it is deeply felt with campaigns like this! Stay tuned for more updates on what else we purchase for the Fitness Center!



We had a couple **Senior Breakfasts** that were incredibly informative. State Representative Jennifer Wortz was at the Center in January to present on changes to legislation, then in March we had Hillary Hatch from the Social Security Administration talk about changes and updates about social security. In March, Amanda Sheppard from the Secretary of State will be at the Center with the Mobile Office where they can process any transactions you may need at the Secretary of State

including getting or renewing an ID, transferring titles, and/or applying for or renewing disability placards. This will take place on Wednesday, March 11th from 8:30-10:30 a.m. at the Center located at 320 W. Bacon Street in Hillsdale. For more information, stop by the Center, call us at 517-437-2422 or go to the event on our website at www.hillsdaleseniors.org.

Preparing for Spring

March for Meals will be our next fundraising campaign. Throughout the month of March, we will be raising awareness and funds for our Meals on Wheels program! This is a nationwide campaign that brings attention and support for an incredibly vital program in our community and across the country. It happens in March to commemorate the anniversary of the Nutrition Program being amended into the Older Americans Act in March of 1972 which welcomed the Meals on Wheels program. We will be selling caramel corn to raise funds, but you can also just donate directly online at www.hillsdaleseniors.org/donate. Influential leaders from around the community and state will do ride-alongs with our Meals on Wheels drivers during Champion's Week to help bring attention and advocacy for the program. We are always so thankful to hear about how impactful this service is for our community in helping older adults fight back against hunger and isolation.

The next event will be our annual **Good Friday Senior Breakfast** on Friday, April 3rd. It will be from 9-11 a.m. at the Center. This is a great chance to socialize while enjoying a great meal and celebrating the holiday. The Center will be closing at 2 p.m. that day for the holiday weekend.

After that, we will have our **Mother's Day Lunch** on Friday, May 8th at noon. This is a fun event where we get to celebrate the mothers in the community with a tasty meal and mothers can enter a raffle to win some lovely prizes! All are welcome to come and enjoy the festivities!

I am starting to plan for our **Palettes & Petals Art Show & Garden Tour**. The last time we held this event was in 2024 and it was a ton of fun! You could go on a garden tour around public and private gardens throughout Hillsdale County, enjoy a free art show and ice cream social at the Center, then at the end of the event we had a couple of Paint & Sip sessions where you could get creative while sipping on some mocktails. This year, we are looking to do similar activities, but maybe add a couple of new elements to keep it exciting! If you know a local artist or someone with a beautiful garden that they should show off please send their information to me by emailing gbroesamle@hillsdaleseniors.org. We are looking

for artists to come show their work at the art show and possibly lead a Paint & Sip session. As for the gardens, we are always looking for new gardens to add to the tour. This event has been moved from mid-July to early June! It will take place on Saturday, June 6th from 10 a.m.- 4 p.m. More details to come!

Our **Cash Bingo** events have still been going well! The next events take place on Thursday, March 5th and Thursday, April 9th. Doors open at 5 p.m. and bingo starts at 5:45 p.m. You must be 18 years or older to play. It is a great way to spend time with the community, try to win some cash, and support a local nonprofit! These events take place every 1st Thursday of the month from 5-9 p.m.

For more information about events like this and more, please call us at 517-437-2422, visit the Center located at 320 W. Bacon Street in Hillsdale, or go to our website at www.hillsdaleseniors.org!



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Ask the Nurse

Small Daily Habits that Protect the Brain

By: Gretchen Burke RN, MSN/Ed , Director of Nursing

When people think about protecting brain health, they often picture crossword puzzles or memory games. While those activities can be helpful, research shows that brain health is shaped just as much by simple daily habits. The brain thrives on consistency, connection, and care, and many of the most effective ways to support cognitive health are familiar routines that bring comfort, structure, and enjoyment to everyday life.

The Role of Sleep

Sleep plays a vital role in brain health at every age. During sleep, the brain processes information, consolidates memories, and clears waste products that build up during the day. As people get older, sleep patterns often change, making routine more important than the number of hours of sleep. Going to bed and waking up at similar times each day, keeping lights low in the evening, and limiting screen use before bedtime can all support more restorative sleep. Even short daytime naps can be beneficial when nighttime sleep is interrupted.



Hydration and Clear Thinking

Hydration is another key factor that is often overlooked. Dehydration can contribute to confusion, fatigue, dizziness, and difficulty concentrating, yet many older adults do not feel strong thirst cues. Sipping fluids throughout the day, enjoying soups and other high-water-content foods, and keeping a favorite cup or bottle nearby can help support hydration. Adequate fluid intake helps the brain stay alert and supports overall mental clarity.

Routine Supports the Brain

Daily routines provide a sense of predictability that helps reduce stress and supports memory. Knowing what to expect throughout the day allows the brain to relax and function more efficiently. Simple routines such as regular mealtimes, morning and evening rituals, and scheduled activities or visits can improve orientation and emotional well-being. Routine does not mean rigidity; rather, it creates a reliable structure that promotes comfort and confidence.

Social Connection and Cognitive Health

Social connection is one of the most powerful tools for supporting brain health. Conversation, laughter, and shared experiences stimulate multiple areas of the brain at once and are strongly linked to emotional and cognitive well-being. Staying socially engaged through group activities, adult day programs, phone calls, or shared meals can help protect against isolation, which is associated with faster cognitive decline. Even brief moments of meaningful connection can make a lasting impact.



Gentle Mental Stimulation

Mental stimulation supports brain health best when it is enjoyable and appropriately challenging. Activities such as puzzles, card games, crafts, cooking, or learning something new encourage the brain to stay active without causing frustration. The goal is engagement rather than performance, allowing individuals to participate in ways that feel successful and rewarding.

Music and Memory

Music holds a special place in brain health because it can trigger memories and emotions even when other forms of communication become difficult. Familiar songs often reduce anxiety, improve mood, and encourage interaction. Listening to music from earlier decades, singing together, or playing calming music during daily routines can provide comfort and connection in powerful ways.



The Power of Storytelling

Storytelling and reminiscing help preserve identity and strengthen emotional health. Sharing life experiences, memories, and family stories supports cognitive engagement and reinforces a sense of purpose. Whether through photo albums, group discussions, or one-on-one conversations, storytelling allows individuals to feel heard, valued, and connected, regardless of how accurately details are recalled.

A Simple Takeaway

Protecting brain health does not require drastic changes or complicated routines. It is built through small, meaningful

habits practiced consistently over time that support not only memory and thinking, but also comfort, confidence, and emotional well-being. By prioritizing quality sleep, staying well hydrated, maintaining daily routines, nurturing social connections, engaging in enjoyable mental activities, and embracing the power of music and storytelling, individuals can support their brain health in ways that feel familiar and attainable. These everyday choices help people remain connected, engaged, and valued, reinforcing that brain health is ultimately about living well and with purpose at every stage of life.

References:

- Garcia, I., Donica, O., Cohen, A., Nussle, S., Heini, A., Nussle, S., Pichard, C., Rietschel, E., Tanackovic, G., Folli, S. & Draganski, B. (2023). Maintaining brain health across the lifespan. *Neuroscience & Biobehavioral Reviews* 153(2). <https://doi.org/10.1016/j.neubiorev.2023.105365>
- Mintzer, J., Donovan, K., Kindy, A., Lock, S., Chura, L. & Barracca, N. (2019). Lifestyle choices and brain health. *Frontiers in Medicine* 6(204). <https://www.frontiersin.org/journals/medicine/articles/10.3389/fmed.2019.00204>

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Thank you to everyone who purchased subs and donated to our Subs for Funds campaign!

This year, we sold 357 subs and raised \$4,900 and those funds went towards new equipment for our Fitness Center! We purchased new dumbbells for our growing Fit Camp classes!

Below is the list of names of those who purchased subs and/or donated funds to the campaign:

Josephine Alipit
Thelma Anthony
Dan Arnold
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Inge Batterson
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Sherry Black
Jennifer Bolenbaugh
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**Thank you to everyone who contributed to
our Subs for Funds fundraiser!
Our Fit Camp-ers love their new weights!
Stay tuned for more upgrades to the
Fitness Center equipment!**



**Thank you to
Cindy Flynn for selling
the most subs!**

**She sold 188 subs and
helped raise \$1,905 for
the campaign!**



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TAKE TEN

Associate Editor: Charles J. Fountaine, Ph.D., FACSM, ACSM-EP

10

SHAREABLE RESOURCE

by Charles J. Fountaine, Ph.D., FACSM, ACSM-EP

Ten Ways to Autoregulate Your Workouts

Autoregulation is a training method that adjusts each session based on the ability of the individual on that day or moment, offering a means of selecting and adjusting training intensity by accounting for variability in performance, allowing the individual to adjust training loads based on real-time psychological and physiological feedback. Here are 10 ways to implement autoregulation into your endurance and/or resistance training sessions.

1 I FEEL LIKE A "10." Rating of perceived exertion (RPE) is a very common measurement within exercise physiology to assess subjective measures of exercise intensity. Borg's original RPE 6–20 scale was intended to correspond approximately to heart rates from 60 to 200 bpm, 6 reflecting no exertion and 20 being maximal exertion. Another popular RPE scale is the OMNI scale, which has a range from 0 to 10, reflecting anchors of extremely easy and extremely hard. Regardless of the scale used, an autoregulated exercise prescription (Ex R_e) can be assigned at a certain target RPE to reflect light, moderate, or vigorous intensity. Fun fact — the latest edition of ACSM's *Guidelines for Exercise Testing and Prescription*, 12th edition (GETP12), encourages the use of RPE for both aerobic and resistance exercise!

2 NOT MUCH LEFT IN THE TANK. Repetitions in reserve (RIR) is a resistance training-specific variation inspired by 0–10 RPE scales, providing a measure of exertion by estimating how close an individual is to momentary muscular failure. Using RIR, a maximal effort at RPE 10 is scaled to an RIR of 0, meaning no additional reps or load could be performed. Subsequently, RPE 8 = RIR 2, meaning two additional repetitions could be performed, etc. An example of an autoregulated Ex R_e using RIR might read "2 sets of 8 reps at RIR 3," meaning the individual would self-select a load that would stop three repetitions short of failure for each set performed. As further detailed in GETP12, one possible limitation with RIR is familiarity with training to failure, making RIR potentially more useful for trained versus untrained individuals.

3 ACHY BREAKY HEART. Endurance athletes commonly monitor and track morning resting heart rate (RHR) to help identify patterns in recovery and readiness. A noticeable increase in RHR (e.g., 5–10 bpm above baseline) could indicate fatigue, stress, illness, or under-recovery. Whereas a single reading of an elevated RHR above baseline is not typically cause for concern, if the pattern continues over a series of days, this could be more indicative of overtraining, in which autoregulating to a less intense workout or rest day might be warranted.

4 ARE YOU READY FOR IT? Daily readiness or wellness questionnaires/surveys are short self-assessments that ask about sleep quality, stress, soreness, mood, and perception of fatigue. Some of the more common subjective measures of well-being are the Profile of Mood States (POMS), Recovery Stress Questionnaire for Athletes (RESTQ-S), and the Total Recovery Scale (TQR). Survey fatigue can be a real concern, so the frequency of administration and length of questionnaires should be considered to maximize

compliance. Nonetheless, surveys can provide insight into trends or habits that if lacking, could help build better stress management strategies.

5 JUMP AROUND. A daily countermovement jump assessment prior to a workout can be a very quick and simple measure to monitor fatigue, as jumping ability is often used as a proxy measure for power. Jumps can be assessed in multiple ways, using tools such as a Vertec™, a jump mat, or force plate to provide data. Similar to tracking morning RHR, if daily jump heights start to trend 5% to 10% below the typical baseline measure, this may be indicative of fatigue, signaling a need to reduce training intensity or volume.

6 CAN YOU PASS THE TEST? The talk test is a subjective measure of exercise intensity based on the premise that as the intensity of exercise increases, the ability to carry on a conversation becomes more difficult. When an individual is able to talk comfortably, this is indicative of an exercise pace below the ventilatory and lactate thresholds, reflecting light to moderate exercise intensity. As exercise intensity increases, the ability to talk first becomes more ambiguous ("yes, but ..."), and at vigorous intensities, the ability to speak is markedly reduced. From an autoregulation perspective, if Ex R_e seems more labored than usual, the talk test can assist an individual to reduce their intensity on that day.

7 STRAIGHT FROM THE HEART. Heart rate variability (HRV) has been identified as a strong predictor of cardiovascular health and function of the autonomic nervous system (ANS). Whereas high HRV is indicative of a healthy cardiovascular system that can quickly adapt to physiological challenges, low HRV may suggest ANS impairment. HRV has been more recently applied to daily training readiness, with high HRV indicating good recovery and readiness, with low HRV suggesting fatigue, stress, or inadequate recovery. Daily HRV tracking via apps or wearable technology can help autoregulate workouts by guiding intensity decisions. On low HRV days, lighter or recovery-based training may be recommended, while high HRV days give the green light for more intense or demanding sessions.

8 GRIPPED WITH ANTICIPATION. Grip strength via a hand dynamometer is a widely adopted proxy measure reflective of overall strength, especially upper body strength. Whereas typically used as a potential biomarker or vital sign in aging or clinical populations, the use of a daily grip strength measurement could help determine a baseline measure of strength that may be associated with neurological or cognitive function. Similar to resting HR and jump height, a decrease in grip strength from an autoregulation perspective may suggest an overall state of fatigue is present.

9 CRITICAL VELOCITY. Velocity based training (VBT) is an objective form of autoregulation training that uses devices like linear position transducers or accelerometers to help regulate training by monitoring daily/weekly fluctuations in exercises by measuring the velocity of a chosen exercise. VBT is based on the assumption that as fatigue builds, the velocity of the exercise will decrease. Thus, VBT allows for a host of autoregulatory techniques including tracking the average velocity of warm-up sets, measuring velocity loss during a set, and replacing a percentage 1RM with a velocity target.

10 GIVE IT A REST. Rest days are perhaps the most fundamental application of autoregulation, allowing the body the opportunity to recover when signs of fatigue begin to accumulate. Whereas many training programs may rigidly assign work and rest days based on a weekly calendar, the ability to listen to one's own body and insert an additional rest day when the combination of training and life's stressors indicate a need for a day off!

Disclosure: *The author declares no conflict of interest and does not have any financial disclosures.*

Charles J. Fountaine, Ph.D., FACSM, ACSM-EP, is a professor in the Department of Kinesiology at St. Olaf College in Northfield, MN.



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14 | MARCH ACTIVITIES

MON	TUES	WED	THURS	FRI	SAT
2 MARCH FOR MEALS BEGINS 9:30am: Cardio Drum 11:15am: SS Stability 1-3:Pedro (Cards)	3 10 am: SS Enerchi 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 4:30pm: Cardio Drum	4 10am: SS Stability 11:15am: SS Yoga 1-2:30pm: Dig. Literacy 1-3pm: Handcrafting, Euchre &Woodcarvers 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	5 8:45am: Perennial Park Perspective on WCSR 9:30: Cardio Drum 11:15am:SS Classic 1-2: Low Intensity CD 5:45-9pm: Cash Bingo (18+)	6 9am: Coffee Hour 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 1-3: Movie &Popcorn 4:00pm: Fit Camp	7 9:30am Cardio Drum 8am-12pm Fitness Center Open
9 9:30am: Cardio Drum 11:15am: SS Stability 1-3:Pedro (Cards)	10 10 am: SS Enerchi 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 4:30pm: Cardio Drum	11 8:30am: Senior Breakfast 10am: SS Stability 11:15am: SS Yoga 1-2:30pm: Digital Literacy 1-3pm: Euchre 1-3pm: Handcrafting 1-3: Woodcarvers 4:30pm: Fit Camp	12 9:30: Cardio Drum 11:15am:SS Classic 1-2: Low Intensity Cardio Drumming 2-3:30pm Parkinson's SG	13 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie &Popcorn 4:00pm: Fit Camp	14 8:30am & 9:30am Cardio Drum 8am-12pm Fitness Center Open
16 9:30am: Cardio Drum 11:15am: SS Stability 1-3:Pedro (Cards)	17 HAPPY ST. PATRICK'S DAY! 10 am: SS Enerchi 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 4:30pm: Cardio Drum	18 10am: SS Stability 11:15am: SS Yoga 1-2: Connection Café 1-2:30pm: Dig. Literacy 1-3pm: Euchre, Woodcarvers, and Handcrafting 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	19 9:30: Cardio Drum 11:15am:SS Classic 1-2: Low Intensity Cardio Drumming 1-3pm: Technology Assistance Clinic 1:30-3pm: Kinship Care SG	20 9am: Coffee Hour 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 1-3: Movie &Popcorn 4:00pm: Fit Camp	21 9:30am Cardio Drum 8am-12pm Fitness Center Open
23 9:30am: Cardio Drum 11:15am: SS Stability 1-3:Pedro (Cards)	24 10 am: SS Enerchi 11:15am:SS Classic 1-2pm: Bingo 1-3pm: Mahjong 3pm: Board Meeting (Open to the Public) 4:30pm:Cardio Drum	25 10am: SS Stability 11:15am: SS Yoga 1-2:30pm: Digital Literacy 1-3pm: Euchre, Woodcarvers, and Handcrafting 2-3:30:Alzheimer's SG 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	26 9:30: Cardio Drum 11:15am:SS Classic 1-2: Low Intensity Cardio Drumming	27 9am: Coffee Hour 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 1-3: Movie &Popcorn 4:00pm: Fit Camp	28 9:30am Cardio Drumming 8am-12pm Fitness Center Open
30 9:30am Cardio Drumming 8am-12pm Fitness Center Open	31 10 am: SS Enerchi 11:15am:SS Classic 1-2pm: Bingo 1-3pm: Mahjong 4:30pm:Cardio Drum MARCH FOR MEALS ENDS	Support & Assistance Blood Pressure Kiosk: Made possible by HCCF. Get your blood pressure checked and receive a printout for your records. Notary Public Services: Perennial Park has registered Notary Publics on staff. Please call ahead before visiting. Volunteer Non-Emergency Transportation: Please call Transportation Services to set up. 517-437-2422			

MON	TUES	WED	THURS	FRI	SAT
 To find information on our programs and services, daily activities, special events, fundraisers, and more, go to: www.hillsdaleseniors.org		1 10am: SS Stability 11:15am: SS Yoga 1-2:30pm: Digital Literacy 1-3pm: Handcrafting & Euchre & Woodcarvers 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	2 8:45am: Perennial Park Perspective on WCSR 9:30: Cardio Drum 11:15am:SS Classic 1-2: Low Intensity Cardio Drumming	3 9-11am: Good Friday Senior Breakfast 10am: SS EnerChi & Cornhole 11:15am: SS Yoga CLOSED AT 2PM FOR HOLIDAYS	4 9:30am Cardio Drumming 8am-12pm Fitness Center Open
	6 9:30am Cardio Drumming 11:15am: SS Stability 1-3:Pedro (Cards)	7 10 am: SS Enerchi 11:15am:SS Classic 1-2pm: Bingo 1-3pm: Mahjong 4:30pm:Cardio Drum	8 8:30am: Senior Breakfast 10am: SS Stability 11:15am: SS Yoga 1-2:30pm: Digital Literacy 1-3pm: Handcrafting & Euchre & Woodcarvers 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	9 9:30: Cardio Drum 11:15am:SS Classic 1-2: Low Intensity CD 2-3:30pm Parkinson's SG 5:45-9pm: Cash Bingo (18+)	10 8:30am-Noon Foot Clinic (RSVP) 9am: Coffee Hour 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 1-3: Movie &Popcorn 4:00pm: Fit Camp
13 9:30am Cardio Drumming 11:15am: SS Stability 1-3:Pedro (Cards)	14 10 am: SS Enerchi 11:15am:SS Classic 1-2pm: Bingo 1-3pm: Mahjong 4:30pm:Cardio Drum	15 10am: SS Stability 10am-4pm: SAFE+ 11:15am: SS Yoga 1-2: Connection Cafe 1-2:30pm: Digital Literacy 1-3pm: Handcrafting & Euchre & Woodcarvers 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	16 9:30: Cardio Drum 11:15am:SS Classic 1-2: Low Intensity Cardio Drumming 1-3pm: Technology Assistance Clinic 1:30-3pm: Kinship Care SG	17 9am: Coffee Hour 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 1-3: Movie &Popcorn 4:00pm: Fit Camp	18 9:30am Cardio Drum 8am-12pm Fitness Center
20 9:30am Cardio Drumming 11:15am: SS Stability 1-3:Pedro (Cards)	21 10 am: SS Enerchi 11:15am:SS Classic 1-2pm: Bingo 1-3pm: Mahjong 4:30pm:Cardio Drumming	22 10am: SS Stability 11:15am: SS Yoga 1-2:30pm: Dig. Literacy 1-3pm: Euchre, Woodcarvers, and Handcrafting 2-3:30: Alzheimer's SG 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	23 9:30: Cardio Drum 11:15am:SS Classic 1-2: Low Intensity Cardio Drumming	24 9am: Coffee Hour 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 1-3: Movie &Popcorn 4:00pm: Fit Camp	25 9:30am Cardio Drum 8am-12pm Fitness Center Open
27 9:30am Cardio Drumming 11:15am: SS Stability 1-3:Pedro (Cards)	28 10 am: SS Enerchi 11:15am:SS Classic 1-2pm: Bingo 1-3pm: Mahjong 4:30pm:Cardio Drumming 3pm: Board Meeting	29 10am: SS Stability 11:15am: SS Yoga 1-2:30pm: Digital Literacy 1-3pm: Handcrafting & Euchre & Woodcarvers 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	30 8:45am: Perennial Park Perspective on WCSR 9:30: Cardio Drum 11:15am:SS Classic 1-2: Low Intensity Cardio Drumming	<u>Safe as Prevention</u> Wednesdays from 10am-3pm Fight back against scams, fraud, abuse, and exploitation. New Case Manager: Cynthia Li-Garmany	



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Walter Shiffler

5

March 3rd, 2026
The Benefits of Writing

6

March 10th, 2026
Memory Sharing and
Preparing for the Holidays

*"Grief never ends...but it changes.
It's a passage, not a place to stay.
Grief is not a sign of weakness, nor a lack of faith...
It is the price of love."*

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March 17th, 2026
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Parkinson's Support Group: Second Thursday of every month | 2:00–3:30 p.m.

Parkinson's Disease (PD) is a chronic, progressive, neurological disorder resulting from the loss of brain cells that control motor functions. Through educational programs, guest speakers and discussion, the group members learn practical strategies for living with PD. All information shared in the group is confidential and privacy is maintained.

Kinship Care Support Group: Third Thursday of every month | 1:30–3:00p.m.

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Alzheimer's Support Group: Fourth Wednesday of every month | 2:00–3:30 p.m.

Alzheimer's is a type of dementia that causes problems with memory, thinking, and behavior. The Alzheimer's support group is available to caregivers, family, or friends of someone with any type of dementia or short-term memory loss. Through discussion, the group members learn practical strategies for providing care to their loved ones, while also caring for their own physical, emotional, and social well-being. All information shared in the group is confidential and privacy is maintained.

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Benefits of Cruciferous Vegetables

By: Sarah Pollack, RDN, CDCES

Including more vegetables in your diet for overall health has been a long-standing, well researched recommendation. One group of vegetables, known as cruciferous vegetables, offer a powerhouse of vitamins, minerals, fiber, antioxidants and other phytochemicals that can reduce the risk of many of the diseases prevalent today. Cruciferous vegetables include broccoli, cauliflower, Brussels sprouts, cabbage, kale, bok choy, arugula, turnips, radishes, and collard greens. Read on to learn how adding more of these vegetables to your diet can be helpful.

- **Improved heart health** Diets high in fruits and vegetables are consistently linked to improved heart health. Cruciferous vegetables, in particular, are linked with a lower risk of dying from heart disease. Cruciferous vegetable help reduce chronic inflammation, are high in fiber to help lower LDL ("bad") cholesterol, and are rich in potassium and antioxidants to support a healthy blood pressure.
- **Rich in cancer-protective compounds** Cruciferous vegetables offer unique compounds like sulforaphane which helps support detoxification enzymes in the liver, reduce inflammation and protect cells from DNA damage. Strong evidence links them to lower risk of certain cancers, especially colorectal and lung.

- **Improved gut health** Cruciferous vegetables are rich in fiber which feeds helpful bacteria in the gut. They also contain compounds that may help strengthen the gut lining to help improve digestion over time.
- **Dense in nutrients, light in calories** Cruciferous vegetables are packed with vitamins (C, K, A and folate), minerals (calcium, and magnesium), and antioxidants like lutein and beta-carotene. They are nutritionally dense food that are low in calories.
- **Better blood sugar balance** Thanks to their high fiber content and low glycemic load, these vegetables slow digestion and blood sugar absorption. This helps keep blood sugar levels more stable and you feeling fuller longer, helping to support weight management.

Cruciferous vegetables are versatile and can be enjoyed in a variety of ways. They can be lightly steamed or roasted, chopped finely for salads or slaws or added to soups, stir-fries, and omelets.





Crust

Ingredients

- 1 tablespoon finely grated lemon zest (from 1 large lemon)
- 1/4 cup granulated sugar
- 12 tablespoons (1 ½ sticks) unsalted butter, at room temperature
- 1/2 teaspoon kosher salt
- 1 3/4 cup all purpose flour

Instructions

1. Arrange a rack in the middle of the oven and preheat the oven at 350 F. Line the bottom and all 4 sides of a 9x9-inch square baking pan with 2 sheets of parchment paper, positioning them perpendicular to each other and hanging over all 4 sides of the pan by at least 1 inch to form a sling.
2. Combine lemon zest and granulated sugar in the bowl of a stand mixer (or large bowl if using an electric hand mixer). Use your fingers to rub the zest into the sugar until fragrant. Add butter and kosher salt. Beat with the paddle attachment on medium speed until creamy, about 2 minutes. Scrape down the sides of the bowl with a flexible spatula.
3. Add all-purpose flour. Beat on medium speed until fine crumbs of dough form, 30 seconds to 1 minute. Transfer to the baking pan and use your hands to press into an even layer.
4. Bake until the crust is light golden-brown around the edges, 15 to 22 minutes. Meanwhile, make the filling.

Filling and Combining

Ingredients

- 4 large eggs, room temperature
- 1 tablespoon finely grated lemon zest (from 1 large lemon)
- 3/4 cup freshly squeezed lemon juice (from 5 large lemons)
- 1 1/2 cups granulated sugar
- 1/3 cup all-purpose flour
- 1/2 teaspoon kosher salt
- Powdered sugar, for dusting

Instructions

1. Crack eggs into a medium bowl and whisk until beaten. Add lemon zest, lemon juice, granulated sugar, and kosher salt to the bowl of eggs. Whisk until smooth. Sift all-purpose flour over the mixture and whisk until smooth and combined.
2. When the crust is ready, immediately pour in the filling while the crust is hot. Bake until the filling is just set with a slight wiggle in the center, 18 to 20 minutes. Place the pan on a wire rack and let cool for about 1 hour. Refrigerate for at least 3 hours or up to overnight. Grasping the excess parchment, lift the slab out of the baking dish and place it on a cutting board. Cut into 16 pieces, dip the knife in hot water and wipe it dry between each cut for the cleanest-looking pieces. Right before serving, place some powdered sugar in a fine-mesh strainer and generously dust over the lemon bars in an even layer.
3. STORAGE: The bars can be refrigerated in an air-tight container for up to 1 week. To freeze, wrap in plastic wrap, place in a freezer-safe container, and freeze for up to 4 months. Thaw in refrigerator for 1 hour or at room temp. for 15-20 minutes. Dust with powdered sugar before serving!

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Wednesday, March 18th | 1-2pm

Wednesday, April 15th | 1-2pm

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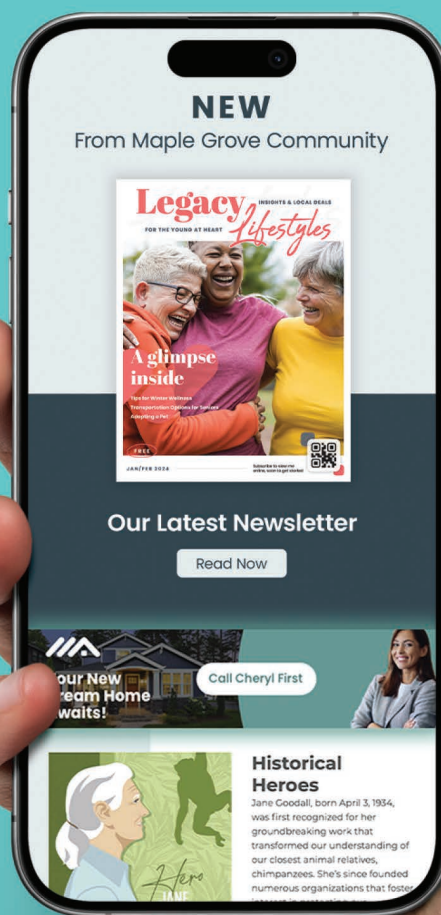
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Maintenance Minutes

By: Randy Blythe, Facilities Coordinator

Who's ready for spring?

As we are anxiously waiting for spring, here are a few tips you might think about to keep your home and auto in tip top shape.

- Your furnace has been working overtime for the last month. Remember to change your filter more often. Dust and particles can clog your filter causing your furnace to not run at peak performance. Even if the filter looks clean, it will not hurt to replace it.
- Something else to check on. If your furnace is a high efficiency furnace and has a PVC chimney for intake and exhaust, check for snow build up around it or covering it. Sometimes when wind blows off your roof, it will drift around the base of your house. These chimneys are usually 3 to 4 feet off the ground and the blow off your roof can get quite high. Keep the area free of snow, so this doesn't back up into your home as it could cause serious health issues.
- If you see ice dams on your eaves, have

someone come and remove them so when the snow on your roof melts, it has a place to get. Water will find the path of least resistance and could possibly back up under your shingles causing damage underneath them.

- When it comes to your car, run it through a good carwash and make sure it gets a much-needed underbody wash. This will help clean out all the buildup of snow and slush that accumulates under your car. There are a lot of good car washes that will knock these off your car before you go through the wash. I have found that carwashes are expensive, but then again so is your car. A little prevention goes a long way in keeping your car running well. This ice will also collect on exposed wires or cables causing damage.

I hope these tips will help you to keep your home and auto in good shape. The last thing anyone needs is a costly repair bill. So, stay safe and stay warm. Spring is not that far off regardless of what the woodchuck says.



December 2025

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Shirley Leeke
Shirley Todd
Cheryl Dohl
Wayne Haney
Phyllis Covell
Lawrence Falater
Shirley Lyons
Jacqueline Poole

Don Scoville
Linda Scripter
William Armstrong
James Stephens
Carol Buehrle
Elsie Wells
Wilmer Wells

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Geraldine Quest
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Cathy Morrison
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Margaret Dudek
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Sarah 'Sally' Glazier
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Transportation

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& Social Transportation

Maintenance

Perennial Park Pals

Special Events Assistance

Grant Research

Interested in volunteering?
Call: (517) 437-2422 or (800) 479-3348
Email: chilliker@hillsdaleseniors.org
320 Bacon Street, Hillsdale, MI 49242



GENERAL DONATIONS 12/01/2025-01/31/2026

Rosemary Burke
James Eppel
Joyce Gendron
Brenda Hilliker
Linda Jarvis
Gerald Keesecker
Cathy Leupp
Samuel Muffitt
Terry Trammel

IN-KIND DONATIONS

Josephine 'Jo' Alipit
Frances Combs
Dollar General
Ben Gilpin

ADDITIONAL THANKSGIVING APPEAL DONATIONS

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Linda VonSeggern

In Memory of Linda Evers-Shiffler

Walter Shiffler



If anyone was missed, a mistake was made, or you would like to be added/ removed from our mailing list, contact Grace Broesamle at (517) 437-2422 ext. 108 or email her at gbroesamle@hillsdaleseniors.org.

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using this QR code!**



Answers from Winter Words Puzzle in January 2026 Issue of Golden Leaves



**Word Twist
Answers**

Snow
Colder
Blizzard

Winter
Frosty
Scarf

Ice
Sleigh
Holiday

Snowman

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HILLSDALE COUNTY SENIOR SERVICES CENTER

320 W. Bacon Street

Hillsdale, MI 49242

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MISSION STATEMENT

The Center is a place where older adults meet to pursue mutual interests, receive services, and take part in programs and services which improve their health, support their independence, and encourage their involvement in the community.



VISION STATEMENT

The Perennial Park Vision reflects the Center's goal to improve the quality of life of all Hillsdale County residents. Our vision addresses the needs of rural residents facing a high incidence of obesity, cardiovascular disease, illiteracy, and limited opportunities for lifelong learning and socialization.

Growing to Serve