

GOLDEN *Leaves*



GROWING TO SERVE

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

PERENNIAL PARK'S 2026 Board of Directors

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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,

As a nonprofit organization, our greatest asset is our people. The dedication, compassion, and expertise of Perennial Park staff drive its mission forward every day. That is why we remain committed to creating a workplace culture that supports employee well-being, encourages professional development, and fosters meaningful connections among colleagues.

In celebration of National Small Business Month in May, Perennial Park was recognized by **Blue Cross Cheers for Excellence in Workplace Wellness** for creating a positive, supportive, and healthy work environment, which is more than a workplace initiative—it is a reflection of our values and our commitment to helping employees thrive both personally and professionally.

Beyond wellness initiatives, we are deeply committed to professional growth and development through training programs, workshops, conferences, and continuing education experiences that strengthen skills and enhance the ability to serve our community. Investing in professional development not only benefits employees but also supports innovative programming and increases our capacity to fulfill the Perennial Park mission and vision.

At our recent all-staff training, staff received a motivational message on “why you matter,” and we took some time for photos! A connected workforce is a stronger workforce, and these shared experiences contribute to a positive organizational culture where everyone feels valued and empowered.

I am incredibly proud and grateful to work alongside such an outstanding team. Every day, I am inspired by the dedication, professionalism, and compassion the staff brings to their work. Their commitment to excellence and willingness to support one another create a positive, collaborative environment that strengthens Perennial Park. It is truly a privilege to be part of a team that makes such a meaningful difference in the lives of others!

We are better together!

Kind Regards,

Maggi Monroe

Executive Director



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4 | JULY LUNCH MENU

MON	TUES	WED	THURS	FRI
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		1 Slice of Ham Sweet Potatoes Italian Bread Banana Milk	2 Bratwurst Macaroni Salad Carrots WW Hot Dog Bun Apple Milk	3 Taco Bar Spanish Rice Sour Cream Packet Veggies Milk
6 Hamburger French Fries Broccoli Pineapple HB Bun Milk	7 Salisbury Steak Redskin Potatoes Green Beans Applesauce Milk	8 Eggs Sausage Potatoes Banana Milk	9 Chicken Alfredo Broccoli Garlic Bread Apricots Milk	10 Pulled Pork Tater Tots Green Beans Sugar Free Pudding Milk
13 Fish Sandwich Vegetable Blend Green Beans Pear Milk	14 Chicken Salad Pickled Beets Croissant Craisins Milk	15 Polish Sausage Sauerkraut Cali Blend Veggies Orange Hot Dog Bun Milk	16 Chicken Nuggets Cauliflower Capri Blend Veggies Mixed Fruit Milk	17 Corn Dogs Steak Fries Winter Blend Veggies Juice Milk
20 Chicken Teriyaki Rice Brussel Sprouts Banana Milk	21 Egg Salad Chips Carrots WW Bread Apple Milk	22 Meatloaf Mashed Potatoes Corn Apricots Milk	23 Pork Loin Baked Beans Veggie Blend Sugar Free Jello Milk	24 Brats Celery Sticks Peaches Hot Dog Bun Milk
27 Boneless BBQ Chicken Catalina Blend Veggies French Fries Orange Milk	28 Ham Salad Cottage Cheese Carrots Craisins 2 Slices WW Bread Milk	29 Pizza Vegetable Blend 5 Way Veggie Blend Pineapple Milk	30 Baked Ziti Veggie Blend Green Beans Apple Garlic Bread Milk	31 Chicken Sandwich French Fries Mixed Veggies Juice Milk Cake & Ice Cream HAPPY BIRTHDAY!



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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BINGO
AT PERENNIAL PARK

JULY 2ND & AUGUST 6TH | 5-9 P.M.
SALES START AT 5 P.M. | BINGO STARTS AT 5:45 P.M.

Join us for bingo to win cash prizes while supporting a local non-profit! Proceeds go to our services and programs that aim to help older adults stay at-home, healthy, independent, and involved in the community.

CONCESSIONS & DAUBERS AVAILABLE **WIN CASH PRIZES!** **CHARITY GAME TICKETS**

You must be 18 years or older to play!
Bingo is every 1st Thursday of the month from 5-9 p.m.

For more information
320 W. Bacon Street, Hillsdale, MI 49242
517-437-2422 | www.hillsdaleseniors.org



**MICHIGAN SECRETARY OF STATE
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The Secretary of State Mobile Office will be visiting
Hillsdale County Senior Center
to provide service to
members and staff
to complete Secretary of State transactions

Date: Wednesday July 8th, 2026
Time: 10:00 A.M. TO 1:00 P.M.
Location: 320 W Bacon St, Hillsdale, MI 49242

Book a visit to complete your Secretary of State transactions, including:

- First-time Michigan ID
- Renew driver's license or ID
- Transfer title
- Apply for/renew disability placard

For more information or to schedule your visit during this Mobile Office event, contact
Hillsdale County Senior
at Center




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By: Grace Broesamle, Marketing and Communications Coordinator

Summer has arrived! We are so excited for the events and activities to come, but first, let's take a look back at what we got up to in the spring!

In May, we hosted our annual **Mother's Day Lunch**. It is always such a lovely event where guests can sit down, enjoy a tasty meal, and celebrate the wonderful mothers in the community! There were also an array of prizes that the mothers could win! Thank you to *Lorrie Miller Law and Susie Britton* for donating raffle prizes. We also want to give a huge thank you to our sponsors of the event: *Ryan & Bradshaw, Belson Asphalt Paving, County Pharmacy, Farm Bureau Health Services of Hillsdale, Jesco Industries, Don Toffolo with Edward Jones, and Waldvogel Wealth Management!*

At the beginning of June, we hosted our **Palettes & Petals Art Show & Garden Tour**. There was a garden tour around public and private gardens in Hillsdale County as well as an art show at the Center! Thank you to the gardeners and artists that showed off their amazing work to showcase the beauty within our county! Thank you to *Meijer* for sponsoring the Ice Cream Social & Kid's Crafts! We had a variety of ice cream and toppings as well as some fun crafts to make for the season including painting flower pots, painting rocks for your garden, and more! At the end of the event, we held two Paint & Sip sessions. Thank you to *Susie Britton and Carol Briner* for leading these sessions, and the participants got to create some really cool pieces of art! Carol led them in painting a personalized American Flag board and Susie taught them ways to paint on glass bottles that they can decorate their home and garden with. This event is meant to highlight the beauty of spring through showcasing gardens around the county, art from local artists, and

what you can bring to life as well! We appreciate everyone who came to the event and who made it possible! Thank you to the sponsors of the event: *Belson Asphalt Paving, Perennial Grace Gardens, Lorrie Miller Law, D-P Equipment, Southern Michigan Bank & Trust, and Shear Magic!* The Center also thanks those who donated raffle prizes: *Farm Bureau Health Services of Hillsdale (R&J Farms), Jessica Scott with Midnight's Creations, Allie Tappen and Grace Broesamle, and Rich Katuzin.*

We held our annual **Father's Day Lunch** near the end of June! Thank you to everyone who came and we hope the fathers in the community felt celebrated and appreciated! Just like during Mother's Day Lunch, we had raffle prizes for the fathers to win. Thank you to *Lorrie Miller Law and Susie Britton* for donating raffle prizes for the event! Also thank you to our sponsors of the event: *Ryan & Bradshaw, Knapp Chiropractic, County Pharmacy, Farm Bureau Health Services of Hillsdale, Jesco Industries, Don Toffolo with Edward Jones, and Waldvogel Wealth Management!*

Summer Fun to Come!

We don't have any large special events or fundraisers planned for the next couple of months, but we do have our monthly **Cash Bingo!** This takes place the first Thursday of the month from 5:45-9 p.m, Doors open at 5 p.m. and bingo starts at 5:45 p.m, Bingo booklets are 6 on 10 and \$20 each. There are a total of 11 bingo games to play and we also have Charity Game Tickets for purchase where you could win even more cash prizes! The next two bingo events are on Thursday, July 2nd and Thursday, August 6th.

Looking Ahead

Our next Special Event will be the annual **Senior Picnic** on Friday, September 4th from 10 a.m. to 2 p.m. We will be serving hotdogs, hamburgers, and all the classic picnic fixings. During the meal, there will be live entertainment, and you can play bingo and go on a cake walk or two as well! There will also be outdoor activities like ladder ball and cornhole. This is a really fun event where the community can come together and enjoy some end-of-summer fun.

After that event, we will have some fall events such as the annual Health Fair, Purse Bingo, and Thanksgiving Dinner. We are still working on what we want to do for a fun Halloween fundraiser, so let me know if you have any suggestions by emailing gbroesamle@hillsdaleseniors.org!

Stay Connected

For more information about events and programs like these 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!



PERENNIAL PARK
HILLSDALE COUNTY SENIOR SERVICES CENTER

SENIOR PICNIC

FRIDAY, SEPTEMBER 4TH | 10AM-2PM
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Ask the Nurse

Staying Hydrated as We Age

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

We all know drinking enough water is important, but many older adults are surprised to learn that staying hydrated becomes even more important as we age. Unfortunately, it also becomes easier to become dehydrated without realizing it.

One reason is that our sense of thirst naturally decreases with age. Many seniors simply do not feel thirsty, even when their bodies need fluids. Certain medications, such as diuretics, along with chronic conditions and hot summer weather can increase the risk of dehydration. Some people even limit how much they drink because they worry about frequent trips to the bathroom, but this can do more harm than good.

Dehydration can develop gradually and may not always cause obvious symptoms. Common signs include dry mouth, fatigue, headache, dizziness, muscle cramps, and dark-colored urine. In older adults, dehydration may also cause confusion, weakness, or an increased risk of falls. Severe dehydration can lead to serious complications and may require hospitalization.

The good news is that preventing

dehydration doesn't have to mean drinking plain water all day. Water is always an excellent choice, but fluids come in many forms. Milk, herbal tea, broth, and low-sugar sports drinks can all help replace fluids. Many fruits and vegetables contain a high amount of water, including watermelon, strawberries, oranges, cucumbers, tomatoes, and lettuce.

Sometimes it helps to get creative. Keep a water bottle nearby throughout the day, drink a glass of water with each meal, or set reminders on your phone or watch.

Flavoring water with lemon, lime, cucumber, or fresh berries can make it more appealing. Popsicles, smoothies, and soups are enjoyable ways to increase fluid intake, especially during the warmer months.

A good habit is to drink regularly instead of waiting until you feel thirsty. By then, your body may already be becoming dehydrated. Small amounts throughout the day are often easier than trying to drink large amounts at once.



Staying hydrated is one of the simplest ways to support overall health. It helps maintain energy, improves concentration, supports kidney function, and may even help prevent falls and hospitalizations. A few extra glasses of fluid each day can go a long way toward helping us stay healthy and enjoy all that life has to offer.



Reference:

National Council on Aging (2024). *How to stay hydrated: A guide for older adults*. <https://www.ncoa.org/article/how-to-stay-hydrated-for-better-health>


American Red Cross


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9 AM - 2:45 PM

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Foot Clinic

with Dr. White, DPM

Next Clinic:
Friday, August 14th | 8:30 a.m. - Noon

Clinic treatments include:

- Toenail Trimming
- Treating calluses, ingrown toenails, corns, bursitis, and painful joints

Bring:

- Insurance Card
- Driver's License/ID
- Medication List
- Allergy List

Note: If you have bunions or more complex foot care needs, please contact Dr. White's office at 517-788-8251

Schedule an appointment by calling 517-437-2422

Co-pays billed to patients. If patient does not have insurance, care for toenails and calluses is \$40.

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Hillsdale County Senior Services Center's

ANNUAL REPORT FY 2025 HIGHLIGHTS

October 1, 2024-September 30, 2025



A Year in Review...

Perennial Park, a 501(c) (3) private nonprofit established in 1983, is dedicated to keeping older adults at home, independent, and involved in the community. In fiscal year 2025 (October 1, 2024 to September 30, 2025), our direct impact was felt by 3,031 unduplicated Hillsdale County residents, or 32% of the county's older adult population, 50 and older.



Food Access



We served 12,062 Congregate Meals to 901 unduplicated clients

Our Meals on Wheels program delivered 88,180 meals to 466 unduplicated clients!



We distributed 410 bags of fresh produce to 119 older adults in Litchfield with the Fresh Produce Initiative provided through HCCF!



Homebased & Transportation

HCSSC helped 201 clients with our Home Based Services! Including in-home respite, we dedicated 13,277 hours to helping older adults with these services!



We served 141 clients with our Transportation service! Volunteer Drivers in our Transportation Program drove 64,655 miles!

We were also able to buy a new van with the funds raised from multiple fundraisers and a donation from County National Bank!

Health, Wellness, & Technology

Our Fitness Center had 34,550 Fit Visits! With our Subs for Funds fundraiser, we were able to purchase 2 Nu-Step machines!



We hosted many socialization events including the Senior Prom with around 100 guests!

HCSSC added a new class called Digital Literacy with the Hillsdale Area Career Center Students!



Awards



Hillsdale Community Choice Awards Best Non-Profit/Charity Organization and Best Fitness Center/Gym!

Michigan Association of Senior Centers' Volunteer of the Year Award was awarded to Maribel Knight

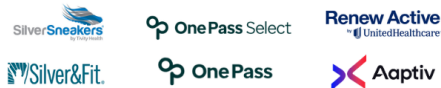


Hillsdale Area Career Center's Employer Partner of the Year Award!

The Perennial Park Fitness Center is open to persons age 13 and older.

Memberships are available for individuals, companions, and additional people in your family. Rates depend on age and whether you are in county or out of county.

Additional membership options such as **SilverSneakers®**, **Silver&Fit®**, **One Pass Select™**, **Renew Active®**, and **Aptiv®** may be available depending on your insurance. Our staff can help determine eligibility.



Classes

A variety of fitness classes are available for those who also enjoy the social benefits of exercise. Some classes are offered on an ongoing basis while others may be offered "on-demand."



Cardio Drumming with Dayton Lyons

Monday, Thursday, and Saturday: 9:30 a.m.
Tuesday: 4:30 p.m.

Low-Intensity Cardio Drumming
Mondays & Thursdays | 1-2 p.m.

SilverSneakers® EnerChi

Tuesdays and Fridays (in-class): 10 a.m.



SilverSneakers® Yoga

Wednesdays and Fridays (in-class & virtual) at 11:15 a.m.



SilverSneakers® Stability

Mondays (in-class & virtual): 11:15 a.m.
Wednesdays (in-class): 10 a.m.



SilverSneakers® Classic

Tuesdays and Thursdays (in-class & virtual) at 11:15 a.m.



Vinyasa Yoga with Jenny Spahr

Wednesdays at 5:30 p.m.



Fit Camp with Dayton Lyons & Tina Siler

Wednesdays at 4:30 p.m.
Fridays at 4 p.m.

SilverSneakers® classes and Cardio Drumming may be included in your Fitness Center membership - otherwise, there are no class fees for members. Please feel free to consult the Fitness Center staff with any questions and check the Activities Calendar on our website and at the front desk for our latest offerings.

Follow our Facebook group: @PerennialParkFitnessCenter!

Interested in joining our Fitness Center? Check out our Guest Pass!

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PERENNIAL PARK FITNESS CENTER

Each card is \$30 and you receive up to 8 visits to our Fitness Center! You must present this card to the Fitness Center desk at each visit. This card may NOT be transferred to anyone else. Good ONLY in the calendar year purchased. User must complete an Exercise Pre-Participation Screening Recommendation form and a Waiver of Liability form before being issued the card.

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Spring Appeal 2026

Thank you to everyone who has donated to our Spring Appeal this year! With your generous donations, we have raised \$8,672! These funds will go towards upgrading the facility from renovating the stairwell to the Fitness Center to replacing the water fountain in the lobby and more! We also received a donation to update the landscaping! Stay tuned on our social media channels to see how the upgrades are going to truly see the impact that your contributions have made. We are sincerely thankful for each donor and we wouldn't be able to accomplish all that we do without you.

Spring Appeal Donors

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Catherine 'Katie' Leyman

In Memory of Joan (Delcamp) Spahr
Glenna Spahr

In Memory of Janice Hoffbauer
Mike Hoffbauer

If anyone was missed, a mistake was made, contact Grace Broesamle at gbroesamle@hillsdaleseniors.org.

In Memory of Annabelle Holcomb
Diane Wilshere

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- ✓ Revisiting meaningful memories, including national sites, virtual walking tours, and guided meditation.
- ✓ Activity guides educate and offer travel experiences in arts and entertainment, culture, nature, adventure, and athletics.
- ✓ Leveled programs support sensitivity for those new to the VR experience.



Made possible by grant funds through
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14 | JULY ACTIVITIES

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 1-2pm: Rendeвер 1-3pm: Handcrafting & Euchre & Woodcarvers 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	2 8:45a Interview on WCSR 9:30: Cardio Drum 11:15am:SS Classic 1-2: Low Intensity Cardio Drumming 1-3pm: Grief Support 5:45-9pm: Cash Bingo (18+)	3 9am: Coffee Hour 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 1-3: Movie & Popcorn 4:00pm: Fit Camp	4 CENTER CLOSED FOR THE HOLIDAY! 
6 9:30am: Cardio Drum 11:15am: SS Stability 1-2pm: Rendeвер 1-2 pm: Low Int. Cardio Drumming 1-3:Pedro & Spite & Malice	7 ALL DAY—By Appt Life Line Screening 10 am: SS Enerchi 11:15am: SS Classic 1-2pm: Rendeвер 1-3pm: Mahjong 4:30pm: Cardio Drum	8 10am-1pm MI SOS Mobile Office 10am: SS Stability 11:15am: SS Yoga 1-2pm: Rendeвер 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 Cardio Drumming 1-3pm: Grief Support 2-3:30pm Parkinson's SG	10 9am: Coffee Hour 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 1-3: Movie & Popcorn 4:00pm: Fit Camp	11 8:30am & 9:30am Cardio Drum 8am-12pm Fitness Center Open
13 9:30am: Cardio Drum 11:15am: SS Stability 1-2pm: Rendeвер 1-2 pm: Low Int. Cardio Drumming 1-3:Pedro & Spite & Malice	14 10 am: SS Enerchi 11:15am: SS Classic 1-2pm: Rendeвер 1-3pm: Mahjong 4:30pm: Cardio Drum	15 10am: SS Stability 11:15am: SS Yoga 1-2pm: Rendeвер 1-2: Connection Café 1-3pm: Euchre, Woodcarvers, and Handcrafting 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	16 9:30: Cardio Drum 11:15am:SS Classic 1-2 pm: Low Intensity Cardio Drumming 1-3pm: Grief Support 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 Open
20 9:30am: Cardio Drum 11:15am: SS Stability 1-2pm: Rendeвер 1-2 pm: Low Int. Cardio Drumming 1-3:Pedro & Spite & Malice	21 10 am: SS Enerchi 11:15am: SS Classic 1-2pm: Rendeвер 1-3pm: Mahjong 4:30pm: Cardio Drum	22 9am-2:30pm ARC Blood Drive 10am: SS Stability 11:15am: SS Yoga 1-2pm: Rendeвер 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 9am-1pm Volunteer Recruitment Event 11:15am:SS Classic 1-2: Low Intensity Cardio Drumming 1-3pm: Grief Support 6-7pm: Creative Writing (RSVP Required)	24 9am: Coffee Hour 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 1-3: Movie & Popcorn 4:00pm: Fit Camp	25 9:30am Cardio Drumming 8am-12pm Fitness Center Open
27 9:30am: Cardio Drum 11:15am: SS Stability 1-2pm: Rendeвер 1-2 pm: Low Int. Cardio Drumming 1-3:Pedro & Spite & Malice	28 10 am: SS Enerchi 11:15am: SS Classic 1-2pm: Rendeвер 1-3pm: Mahjong 3pm: Board Meeting (Open to the Public) 4:30pm: Cardio Drum	29 10am: SS Stability 11:15am: SS Yoga 1-2pm: Rendeвер 1-3pm: Euchre, Woodcarvers, and Handcrafting 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	30 8:45am: Interview on WCSR 9:30: Cardio Drum 11:15am:SS Classic 1-2: Low Intensity Cardio Drumming 1-3pm: Grief Support 6-7pm: Creative Writing	31 9am: Coffee Hour 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 1-3: Movie & Popcorn 4:00pm: Fit Camp	

MON	TUES	WED	THURS	FRI	SAT
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 SAFE as Prevention: Fight back against financial abuse and exploitation. Connect with Cynthia Li-Garmany on Wednesdays from 10am-3pm.					1 9:30am Cardio Drumming 8am-12pm Fitness Center Open
3 9:30am: Cardio Drum 11:15am: SS Stability 1-2pm: Rendeve 1-2 pm: Low Int. Cardio Drumming 1-3:Pedro & Spite & Malice	4 10 am: SS Enerchi 11:15am: SS Classic 1-2pm: Rendeve 1-3pm: Mahjong 4:30pm Cardio Drum	5 10am: SS Stability 11:15am: SS Yoga 1-2pm: Rendeve 1-3pm: Handcrafting & Euchre & Woodcarvers 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	6 8:45am: Perennial Park Perspective on WCSR 9:30: Cardio Drum 11:15am:SS Classic 1-2: Low Intensity Cardio Drumming 5:45-9pm: Cash Bingo (18+) 6-7pm: Creative Writing	7 9am: Coffee Hour 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 1-3: Movie &Popcorn 4:00pm: Fit Camp	8 8:30am & 9:30am Cardio Drum 8am-12pm Fitness Center Open
10 9:30am: Cardio Drum 11:15am: SS Stability 1-2pm: Rendeve 1-2 pm: Low Int. Cardio Drumming 1-3:Pedro & Spite & Malice	11 10 am: SS Enerchi 11:15am: SS Classic 1-2pm: Rendeve 1-3pm: Mahjong 4:30pm Cardio Drum	12 10am: SS Stability 11:15am: SS Yoga 1-2pm: Rendeve 1-3pm: Handcrafting & Euchre & Woodcarvers 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	13 9:30: Cardio Drum 11:15am:SS Classic 1-2: Low Intensity CD 2-3:30pm Parkinson's SG 6-7pm: Creative Writing (RSVP Required)	14 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	15 9:30am Cardio Drum 8am-12pm Fitness Center
17 9:30am: Cardio Drum 11:15am: SS Stability 1-2pm: Rendeve 1-2 pm: Low Int. Cardio Drumming 1-3:Pedro & Spite & Malice	18 10 am: SS Enerchi 11:15am: SS Classic 1-2pm: Rendeve 1-3pm: Mahjong 4:30pm Cardio Drum	19 10am: SS Stability 11:15am: SS Yoga 1-2pm: Rendeve 1-2: Connection Cafe 1-3pm: Handcrafting & Euchre & Woodcarvers 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	20 9:30: Cardio Drum 11:15am:SS Classic 1-2: Low Intensity Cardio Drumming 1:30-3pm: Kinship Care SG 6-7pm: Creative Writing (RSVP Required)	21 9am: Coffee Hour 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 1-3: Movie &Popcorn 4:00pm: Fit Camp	22 9:30am Cardio Drum 8am-12pm Fitness Center Open
24 9:30am: Cardio Drum 11:15am: SS Stability 1-2pm: Rendeve 1-2 pm: Low Int. Cardio Drumming 1-3:Pedro & Spite & Malice	25 10 am: SS Enerchi 11:15am: SS Classic 1-2pm: Rendeve 1-3pm: Mahjong 3pm: Board Meeting (Open to the Public) 4:30pm Cardio Drum	26 10am: SS Stability 11:15am: SS Yoga 1-2pm: Rendeve 1-3pm: Euchre, Woodcarvers, and Handcrafting 2-3:30: Alzheimer's SG 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	27 9:30: Cardio Drum 11:15am:SS Classic 1-2: Low Intensity Cardio Drumming Creative Writing (RSVP Required)	28 9am: Coffee Hour 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 1-3: Movie &Popcorn 4:00pm: Fit Camp	29 9:30am Cardio Drum 8am-12pm Fitness Center Open

16 | AUGUST LUNCH MENU

MON	TUES	WED	THURS	FRI
3 Cheeseburger Mixed Veggies Baked Beans WW HB Bun Juice Milk	4 Turkey Wrap Carrots String Cheese Apple Milk	5 Baked Chicken Redskin Potatoes Green Beans Apricots Milk	6 Sloppy Joe WW HB Bun Fries Green Beans Sugar Free Jello Milk	7 Corned Beef Hash Italian Cut Green Beans Capri Blend Veggies Pears Milk
10 Beef Patty w/ Gravy Mashed Potatoes Cali Blend Veggies Peaches Milk	11 Egg Salad Coleslaw 2 Slices Wheat Bread Sugar Free Pudding Milk	12 Wiley Potato Broccoli Sour Cream Apple Milk	13 Sweet 'n Sour Pork Rice Cauliflower Broccoli Banana Milk	14 Spinach Tortellini Kielbasa Stewed Tomatoes Mixed Veggies Tropical Fruit Milk
17 Chicken Cordon Bleu Scalloped Potatoes Brussel Sprouts Sugar Free Jello Milk	18 Tuna Salad Pickled Beets 2 Slices Wheat Bread Pineapple Milk	19 Pizza Snap Peas Catalina Blend Veggies Craisins Milk	20 Pork Loin Sweet Potatoes Green Beans Applesauce Milk	21 Hamburger Potato Wedges Prince Will Veggies HB Bun Mandarin Oranges Milk
24 Spinach Chicken Breast Capri Blend Veggies Green Beans Yogurt Milk	25 Ham Salad Carrot Sticks 2 Slices Wheat Bread Pears Milk	26 Meatloaf Mashed Potatoes Corn Peaches Milk	27 BBQ Chicken Wings Macaroni Salad Winter Blend Veggies Banana Milk	28 Fish Rice Italian Blend Veggies Apple Milk Cake & Ice Cream HAPPY BIRTHDAY!
31 Polish Sausage Sweet Potato Puffs Sauerkraut WW HD Bun Juice Milk	You can find the lunch menu, Center activities, and Special Events on our website: www.hillsdaleseniors.org			

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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.

Designed to give those raising a child, of a family member: support and guidance for difficult situations they may encounter. It is a valuable resource for many caregivers and includes a comprehensive library on issues related to raising children. The services provided by Kinship Care are peer group meetings, guest speakers on specific topics, assistance with financial and legal issues, counseling, and tutoring resources.

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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Improve Your Health in 10 Minutes or Less

By: Sarah Pollack, RDN, CDCES

Taking steps to improve your health doesn't have to be time-consuming. It's all about making small, intentional habits and sticking with them over time. Here are some actionable, 10-minute health-boosting habits to try. Aim to do a few (or more!) each day.

Get Active. Ten minutes of daily, focused activity can significantly improve physical and mental health by lowering blood pressure, regulating blood sugar, reducing stress, and boosting energy.

- Go for a 10 minute brisk walk.
- Walk up and down the stairs for 10 minutes. Take breaks if needed.
- Try chair exercises or gentle stretching to increase flexibility, improve posture and reduce muscle stiffness.
- Turn on some music and dance to a few of your favorite songs.

Focus on Mental Health. Taking time for rest and a mental reset helps reduce cortisol levels, helping mental recovery.

- Practice deep breathing/meditation. Taking slow, deep breaths brings calm to the body and helps reduce stress, lowers blood pressure and heart rate and delivers more oxygen to the body.
- "Do Nothing". Taking a pause to reset is a vital practice for mental health and physical relaxation. Look out the window, enjoy a cup of coffee in silence, or close your eyes and let your mind wander.
- Try pet therapy. Interacting with a pet for 10

minutes can reduce stress.

- Step away from screens. A break to observe your surroundings or walk outside increases oxygen flow and boosts mental clarity.
- Engage in a hobby.
- Connect with others. Call a friend to wish them a good day and let them know you are thinking about them boosts mood and fosters a sense of emotional connection.

Improve Your Nutrition.

- Eat breakfast. Eating breakfast within 2 hours of waking up kick starts your metabolism. Choose foods that are low in sugar, high in fiber and protein for more sustainable energy throughout the day.
- Enjoy a glass of water. Staying hydrated is key to overall health. Give your water a flavor boost with a slice of lemon, lime or fresh mint.
- Prep fruits and veggies. Cut up at least one fruit and/or vegetable to snack on during the day to increase your intake of fiber, vitamins, minerals, and anti-inflammatory phytochemicals, which do things like improve digestion, support healthy skin, and help keep blood sugar stable.
- Look up a healthy recipe and add needed ingredients to your grocery list.



No Bake Summer Berry Icebox Cake

RECIPE FROM CAKES COTTAGE

TOTAL TIME: 4 HOURS 15 MINUTES

YIELD: 12-16

INGREDIENTS:

- 19 oz graham crackers
- 8 oz cream cheese
- Two 3.4 oz packages of Vanilla Instant Pudding
- 2 ½ cups cold milk
- 12 oz Cool Whip (or homemade whipped cream)
- 3 cups fresh strawberries (sliced)
- 1 ½ cups fresh blueberries
- 2 oz white chocolate chips

INSTRUCTIONS:

1. Beat cream cheese and dry pudding mixes in large bowl with mixer until blended.
2. Gradually beat in milk.
3. Gently stir in Cool Whip or homemade whipped cream, reserving 1/2 cup.
4. Spread a thin layer of cool whip in a 9x13 pan just to coat the bottom.
5. Layer 5 graham crackers across the center of the pan, then 2 more, breaking them as needed to fit around the top and bottom edges.
6. Spread a layer of pudding mixture over grahams and top with a layer of blueberries and sliced strawberries.
7. Place graham crackers on top of berries, then pudding mixture, then layer of berries again.
8. Repeat the graham-pudding-berries layers 1 more time (3 times total) and you should reach the top of the pan.
9. Refrigerate for at least 4 hours or overnight until the graham crackers have softened completely.
10. When ready to serve, melt white chocolate chips in a bowl as directed on package and drizzle over dessert.
11. You can use a spoon to drizzle it over the tops of the berries or you can put it into a small zip-top bag and snip of the corner for an easy "piping bag."



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Connection Café

**COME MEET PEOPLE
AND ENJOY FOOD, TOPICS, AND FUN**

Upcoming Meetings:

Wednesday, July 15th | 1-2pm
Wednesday, August 19th | 1-2pm

Every 3rd Wednesday of the month, WellWise Area Agency on Aging will be at Perennial Park from 1-2 p.m. to offer Connection Café, where you can meet new people, discuss various interesting topics, and have fun!

Location:
320 W. Bacon Street
Hillsdale, MI 49242

Follow both organizations on Facebook, Instagram, and visit our websites!







To RSVP,
call 517-592-1974

Walk-ins welcome
 If you are interested in having lunch at the Center, suggested donations are
 \$6 fee those under 60 and
 \$5 for those 60 and older



Somewhere Over the Rainbow Grief Support & Education

Presented by Walter Shiffler

Thursdays | 1-3 p.m. | June 4th - July 30th, 2026

During the class, you will explore the bereavement process and ways of coping. Pamphlets, guest speakers, and most importantly, weekly support and fellowship of group members will be used to help guide you in the process. You will proceed at your own pace, and as you are ready, participate in the group. This group is open to anyone who is experiencing loss, grief, or separation.



Walter Shiffler

- 4** July 2nd, 2026
Handling Stress
- 5** July 9th, 2026
The Benefits of Writing
- 6** July 16th, 2026
Memory Sharing and Preparing for the Holidays
- 7** July 23rd, 2026
Your Personal Support System
- 8** July 30th, 2026
Hope for the Future

"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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FOR PERENNIAL PARK

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Connect with current volunteers and see what opportunities there are at the Center!



Learn about our programs, services,
and volunteer opportunities

Hear from and connect with
current volunteers

Snacks & Refreshments

Assistance with Intake Forms

Thank you to the Hillsdale County Community Foundation for making this event possible!

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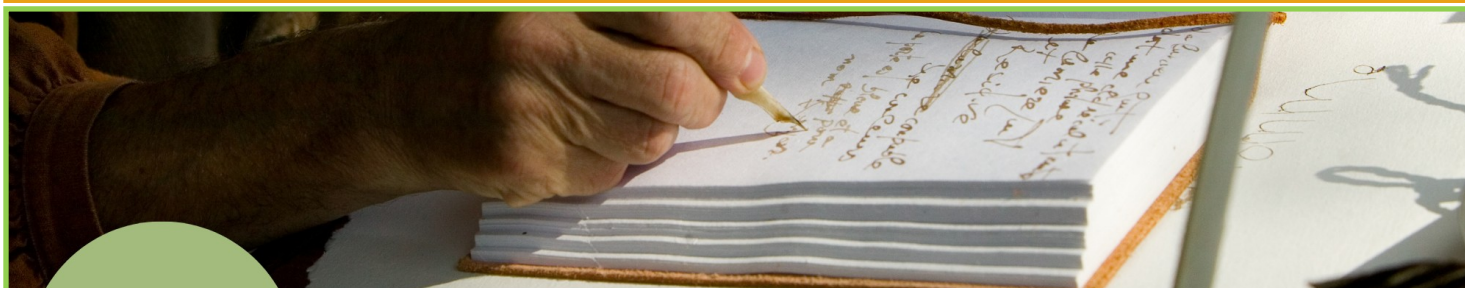
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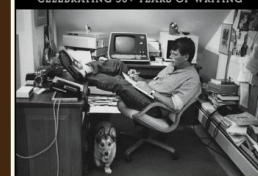
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On Writing

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PEACE OF MIND

PLANNING FOR LIFE'S NEXT CHAPTER

AUGUST 12, 2026

4:00 - 7:00 PM



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↻ Word Twist

Gone Fishin'

The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words.

Hint: Each puzzle has a common theme!

lagner _____

leer _____

tchca _____

koho _____

urel _____

dor _____

atib _____

ektac _____

keal _____

tsgican _____



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Maintenance Minutes

By: Randy Blythe, Facilities Coordinator

Summer is finally here..

I was beginning to wonder if it would ever show up. Now that the rainy season is over, maybe it will give our sump pumps a well-deserved break. And of course, with the coming of summer brings unwanted pests. Here are a few tips to keep insects and rodents from hanging out around your home.

If you see dragonflies around your home, this is good, since dragonflies eat small insects such as mosquitoes and gnats. A single dragonfly can consume over one hundred mosquitoes each day. Now, if you do not have dragonflies, you can buy artificial dragonflies as a repellent for these insects. Find some on a wire stem with a clip at the end. Just clip them where you see gnats or mosquitoes and it will repel them. They also work on wasps and carpenter bees.

If you have a mouse or rat problem around your home, just simply take any vinegar and drizzle it around the foundation of your home and it will keep mice and rats from hanging around. They do not like the smell of vinegar. You may have to do this a few times during the season. Vinegar will also deter dogs or cats from using an area treated with vinegar as a litter box.

If you are having problems with spiders and other insects in your strawberry patch, just plant a few onions in between the row of strawberries and it

will keep them away from the plants. Onions put off an odor that insects do not like. It will not harm the plants or alter the taste either.

When it comes to mosquitoes, while you are sitting outside in the evening and you don't want to use sprays and repellents, all you need to do is put some fresh coffee grounds in a tin, metal plate, or bowl, and light them with a match or lighter. The grounds will smolder and will keep mosquitoes away from the area where you are sitting.

When it comes to your home maintenance, such as air conditioner, make sure the coils are clean, so you get the best performance during the hot season. To check for this to see if you are getting good air flow, just hold your hand about 12 to 15 inches above the unit. If you only feel air coming out of half of the fan or less than that means your coils are dirty. The best way to clean these are to use a garden hose with a good sprayer and hose it down from the inside and spray it out. The reason for this is if you spray from the outside in it will just pack the dirt in the coils even more. It takes some time to do this, but once it is clean, your unit will run more efficiently. On the same note, make sure your furnace filters are in good shape also. This will also make a difference.

I hope these tips will help you enjoy your summer. Stay cool, it looks like it's going to be a warm one.



April 2026

Martin Wilcox
Judith Davis
Ila Godfrey
Alexis Kozub
Lynn Rollet
Donald McOscar
Timothy Stump

Phyllis Sawyer
Wilma Kinney
Oma Vanaken
Patricia Kennedy
Delores Trumble
Larry Brown
Robert Dobbelaere

May 2026

Carol Drury
Nancy Patterson
Dorothea Jenkins
Rita Adams
Robert Norton
Carolyn Blossom

Helen Yglesias
Anna Wagler
John Miller
Betty Hagaman
Carol Town

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26 | BIRTHDAYS & DONATIONS



to our volunteers

July

Susie Britton
Samuel Page
Cayden Whinnie
Janet Ely
Joanna 'Joni' Jones
Lori Janiga
Lisa Roberts
Alice Keefer
Jackie Yeagley
Nancy Shoemaker

August

Zoe Blythe
William 'Bill' Nelson
Sandy Cameron
Adina Schutte
Walter Shiffler
Gary Hoyt
Gloria Bond
Terri Picek
Robert 'Bob' Flynn
Doug Miller

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GENERAL DONATIONS 4/01/2026–5/31/2026

Larry & Delphine Cole
James Eppel
Barbara Myers
Dolly Powell
Walter Shiffler

IN-KIND DONATIONS

Frank Beck Chevrolet
Sherri Kirkland
Lyle Stratton

IN MEMORY/HONOR

In Memory of Robert Dobbelaere

Robert & Sue Brown
Debbie Czarnecki
Sue Dangler
Constance Dobbelaere
Colette Lyons
Doris Richman
Ronald & Diana Sierer
Teresa Smith
Annette Wellman

In Memory of Betty Hagaman

Linda Strom

In Memory of June Michimoto

In Suk Grinage

In Memory of Rondy Hilliker

Brenda Hilliker

In Memory of Dorothy Jenkins

Linda Jarvis

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Father's Day Lunch

Ryan & Bradshaw
Farm Bureau Health Services
Edward Jones –Don Toffolo
Jesco Industries
Waldvogel Wealth Management
County Pharmacy
Knapp Chiropractic

Raffle Baskets

Lorrie Miller Law, PLC
Farm Bureau Health Services
Jessica Scott
Susie Britton
Grace Broesamle & Allie Tappen
Rich Katuzin

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mailing list, contact
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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