

Active LIVING

Volume 112 Issue 12

December 2012

Formerly the Isabella Senior News

Published monthly by the Friends of Isabella Seniors for the Isabella County Commission on Aging
Friends of Isabella Seniors - 2200 South Lincoln Road, Mount Pleasant, MI 48858 - (989)772-0748 - isabellacounty.org/dept/coa/news.html



Special thanks to
the Daniel P. Breidenstein
Living Memorial Auction
Donors, Breidenstein Family,
The Bird Bar & Grill Staff and
Community Participants

Pictured left: Lois Breidenstein and Brenda Upton, COA Executive Director, with a check to benefit COA from the Daniel P. Breidenstein Living Memorial Auction. See Page 2 Director's Comments for related information.

Hoops for Hunger



Wednesday, December
5th
@ 12 noon
CMU Women's
Basketball

Once again this year the Isabella County Commission on Aging and the Central Michigan University Women's Basketball Program are joining together to provide Older Adults the opportunity to see one of the most exciting women's basketball teams in Michigan and in the MAC Conference. On Wednesday, December 5, at 12 noon the CMU Women's Basketball team will be hosting Green Bay University's women's team at McGuirk Arena on the CMU campus.

The morning will begin at the COA Activity Building at 9:30AM with brunch/breakfast for all. Then at 11:00am I-Ride (Isabella County Transportation Commission) will pick up everyone up at the COA Building and transport us to McGuirk Arena and the basketball game. The game will be over at approximately 2:00PM at which time I-Ride will return everyone back to the COA.

The tickets to the game are free, the I-Ride is free and the brunch/breakfast is provided on a donation basis. What a great opportunity to enjoy a dynamic basketball team and to have a great day at the same time! If you would like to attend we need to have you call the COA at **(989) 772-0748** and reserve your spot for the day no later than Monday, Dec. 3 by 4:00PM.

The CMU game is also their Hoops for Hunger event. The team uses this game as a team project to help raise much needed food for the hungry in mid-Michigan. So if you come to the game and if you would like to participate in the Hoops for Hunger Project just bring your non-perishable canned or boxed food to the COA and we will see that it's picked up by CMU. Come and join the Commission on Aging and the CMU Women's Basketball and have a great day!

Director’s Comments

Since the passing of Dan Breidenstein, Lois Breidenstein and her family have organized and conducted an annual auction to benefit community service organizations. In 2011 the Commission on Aging was the lucky recipient of their labors. This year we were selected once again to receive the proceeds of the Daniel P. Breidenstein Living Memorial Auction.



The Breidenstein Family and the employees of The Bird Bar and Grill do all the work. They contact a variety of community businesses and individuals and ask them if they would be willing to donate items that could be auctioned at their fund raiser. This year the auction took place on December 10, 4:00-8:00 p.m. The bar was packed with people. Well over 130 people were in attendance, and nearly all of them participated either in the live auction, the silent auction or the raffles. It is easily the best time I have ever had at a fund raiser. And that is due to the fact that Lois, her family and her employees work hard at pulling the auction together and managing it throughout the evening. Everyone has a good time.

The Commission on Aging is so very grateful to Lois Breidenstein, her family and her employees. It takes a lot of time and hard work to bring the auction together. We truly appreciate being the recipient of their efforts. This year’s auction brought in over \$8,400.00, the most ever generated at one of their auctions. The funding will stay right here in Isabella County and be used to assist our older adult program participants.

We, at the Commission on Aging and our entire community, are fortunate that individuals like Lois Breidenstein, her family and her staff live here. Their spirit of giving back to the community and supporting those in need should be commended by all of us.

Thank you so much for your generosity and giving spirit. You make our job and all our services better.

Brenda J. Upton, M.A., COA Executive Director



Wishing You a Peaceful, Happy Holiday Season!
From the Staff of

Ask a COA Specialist

Question: Every year I come home for the holidays to find my sister acting upset and angry with me. Mom was diagnosed with dementia approximately three years ago, and my sister has been her primary caregiver since then. I appreciate all my sister is doing for mom and would like to help when I am here. Since my sister always seems so upset, I don’t know where to start.

Answer: I heard you say that you appreciate all that your sister is doing. Have you genuinely told your sister that? Not only did your mom’s lifestyle change with her memory loss but, your sister’s life *significantly* changed when she became her caregiver.

The holidays are a time of celebration, but can also be stressful for care recipients and caregivers. I would suggest you have a conversation with your sister. Let your sister express her frustrations and possible anger. We live in such a fast-paced world that we often don’t take the time to stop and actually *listen* to what the other person is saying.

If you truly would like to provide some assistance to your sister, ask her ways in which you could help. You might be able to stay with mom while your sister gets a few hours away, or maybe hire a private care provider so you and your sister can share some time away from the situation. If you would like some other suggestions on ways to help, give us a call, and we can give you ideas on where to start. Even long distance relatives can help with care. giving.

You Can Ask a COA Specialist

Please mail your questions to:
Ask a COA Specialist
Isabella County Commission on Aging
2200 S. Lincoln Rd
Mount Pleasant, MI 48858
Or call (989)772-0748 ext. 236 Or Fax (989)773-0514.

Caregiver Support

Our Caregivers Support Meeting will be December 18, 2012 at the Isabella County Commission on Aging Activity Center, 2200 S. Lincoln Rd., Mt. Pleasant. The meeting is held from 6:30-8:00 p.m. in the Craft Room. This group is open to all caregivers be it caring for your mother, spouse, grandparent or friend. In this group you will receive support, learn strategies for coping with challenging situations, and get ideas that you can immediately implement. Educational handouts, as well as those to help caregivers enjoy the holidays will be available. If you have questions about this group feel free to call the COA at 989 772-0748. Ask for Ann Kowaleski.

Mission Moments

Our group went on tour to New York City the week of October 21. There were two motor coaches with a total of 85 people. While we were there, we had a boat ride on the Hudson River to view the Statue of Liberty and Ellis Island and to see the skyline of Manhattan. Then we checked into our hotel and had dinner at a local restaurant. The three mornings we were there, we had breakfast at the Hard Rock Café across from Good Morning America right in Times Square. We toured Radio City Music Hall and had a step-on guide board the motor coaches to give a tour as close to Ground Zero as possible, Battery Park and then back up town past Wall Street, 34th Street and up 5th Avenue. On our second night there we went to see a Broadway Play “Nice Work if you Can Get It” with Matthew Broderick and Kelly O’Hara. We laughed and enjoyed the music and costumes.

We had done so much and now had one day to do anything we wanted. Some rode the subway, visited Ground Zero to pay their respects, saw another play, went to visit a church, shopped, went to a museum, rode to the top of a tall building or took a cab ride. New York City is such a busy place with millions of people working and visiting every day. There were cabs everywhere. We were told most people who live there don’t own a car but come to Manhattan Island by the ferry, cabs, subway and buses. They travel over bridges and through tunnels to get there.

As we were getting ready to leave I overheard a few of our passengers say “Boy! I am glad we are leaving before the storm!” I thought to myself that we were lucky to have had such nice weather while we were there. I did not realize what was coming.

We said good-bye and glanced back to get our last look of New York City. Little did we know the lives of many were going to be so drastically changed after we left. It is hard to imagine that just three days later the tunnels would close, the subways would be flooded, and there would be darkness.

I am thankful we left when we did but have heard from so many that went on the trip how badly they feel for those who lost so much during Hurricane Sandy. How things can change so quickly when we least expect it!

Sally Wojciechowski, Activity Center & Trip Coordinator



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Available only in the Parks Main Office.
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May be used towards

- Annual Entrance Permits
- Pavilion Rentals
- Camping/Cabin Fees



989.772.0911 x340

New Face at COA



Brenda Eisenberger

Hello, my name is Brenda Eisenberger. After 15 1/2 years as Account Clerk with the Isabella County Trial Court I have joined the team at the Commission on Aging as Account Clerk.

My husband and I live in Shepherd. We enjoy camping and gardening together in the summer months and spending time with our children and grandchildren. My other hobbies include cooking, baking, quilting, knitting and crocheting. I also volunteer for Woodland Hospice and am part of their volunteer committee.

I have a great compassion when it comes to helping the older adults of our community and feel honored to be part of the team at the Commission on Aging.

Social Security Office to Change Hours

Effective November 19, 2012, the Mount Pleasant Social Security office will be open to the public Monday through Friday from 9 a.m. to 3 p.m. Beginning January 2, 2013, the office will close to the public at noon every Wednesday.

Many services are available at www.socialsecurity.gov or by dialing our toll-free number, 1-800-772-1213. People who are deaf or hard of hearing may call our TTY number, 1-800-325-0778.

This page is sponsored by: **Cheryl Jindeel at Century 21 Bowerman Peake Realty, Inc.**

Upcoming Health Events

Register for these **FREE** educational programs to be held at **MidMichigan Health Park, 4851 E. Pickard, Mt. Pleasant**, by calling **775-1650** or toll free **1-800-999-3199**.

Blood Pressure Screenings

December 7, 14, 21, 28, from 9:00 a.m.-Noon MidMichigan Health Park sponsors *free* blood pressure screenings as a public service. No appointment and no preparation are required. Screenings will be canceled due to holidays or bad weather.

Bariatric Surgery Options

December 27, from 6:00-8:00 p.m. in the Community Education Room. Learn about laparoscopic weight loss surgery and how it can improve your health and your life. General surgeons from the Great Lakes Surgical Associates will highlight laparoscopic Roux-en-Y, adjustable banding and sleeve gastrectomy surgical options.

Register for these **FREE** classes by calling **Health Promotion Services at 779-5606** or register on line at www.cmch.org. The following educational programs are held at **McLaren-Central Michigan Hospital, 1221 South Drive, Mt. Pleasant**.

Explore Treatment Options for Knee Arthritis

December 5, from 6:30-7:30 p.m. in the FDJ Conference Room. Arthritis or simply years of use may damage knees causing symptoms of pain. If you are experiencing knee pain, stiffness or swelling that makes it difficult to walk, climb stairs or limits everyday activity, join Orthopedic Surgeon Charles Lilly, MD and learn about relief. Learning about treatment options can provide the knowledge necessary to help you make the best decision possible to improve or maintain your quality of life.

Is Joint Replacement Right for You?

December 6, from 1:30-4:30 p.m. and December 20, from 2:00-5:00 p.m. in the FDJ Conference Room. McLaren Central Michigan offers an all-inclusive joint replacement program for individuals planning or considering a total joint replacement. The program features a planned course of treatment that places a strong focus on wellness and education, not sickness. If you would like to learn more about the joint replacement process, join Joint Replacement Coordinator, Beth Nesbitt, RN.

Are You a Candidate for Bariatric Surgery?

December 4 & 18, from 6:00-7:30 p.m. in Conference Room E. Learn more about Bariatric surgery including treatment options, types of procedures, risks and benefits, program expectations, and insurance requirements. You'll have the opportunity to ask questions and hear honest answers from Bariatric experts James Pilkington, MD,FACS or Jeffery Bonacci, MD,FACS and Sue Hahn, RN, BSN, McLaren Central

Concerns about Food Allergies

At Commission on Aging, we are very aware of the need to protect our Food With Friends program participants' health. A few of our clients do have food allergies. If food allergies are an issue for any client, we need to be made aware of it immediately by the client and their doctor.

However, Commission on Aging cannot guarantee that a meal may not contain allergens. If we do know about an allergen, then we notify the client to avoid eating that meal or food item. Food With Friends may need to change menu items without notice and it is generally up to the client to avoid eating items that may cause allergic reactions. As always, any client is able to cancel a meal they do not wish to have delivered.

Active Living Needs Your Support

Thank You to our Readers and Sponsors who donate to Active LIVING. As of November 14, we received **\$18,347.00**. We appreciate and need your support! We are closer to our annual goal of **\$24,000.00**. Have you donated to Active Living yet? How about a gift subscription for someone? *Please* consider donating to Active LIVING. You can use the form on the back page.

Arthritis by Lisa Cross, Health Educator

Arthritis is a complex family of musculoskeletal disorders with many causes, not yet fully understood, so there are no cures. It is the leading cause of disability in the United States and the cost to the U.S. economy is \$128 billion annually.

There are five common forms of arthritis:

- Osteoarthritis (the most common), a progressive degenerative joint disease characterized by the breakdown of joint cartilage
- Rheumatoid arthritis, a systemic disease characterized by the inflammation of the membrane lining the joint, causing pain, stiffness, warmth, swelling and sometimes severe joint damage
- Gout, a buildup of uric acid in the body causing crystal-like deposits to travel to the joints, causing sudden, severe attacks of pain and tenderness, redness, warmth and swelling in the joint
- Lupus, a chronic inflammatory disease that can affect various parts of the body, especially the skin, joint, blood and kidneys
- Fibromyalgia, characterized by generalized muscular pain and fatigue

There are many treatment plans for arthritis including home remedies, nonprescription and prescription medications, joint injections and surgical procedures. For more information, talk with your primary care physician or contact the American Arthritis Foundation.

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon Counties. Join us (Central Michigan District Health Department) on Facebook.



Ginger Claybaugh

Retirement, How Lucky is That?!

Ginger Claybaugh, who has been the Account Clerk for the Commission on Aging for the last twelve years, will be retiring at the end of December. However she’s not going to be sitting in a rocking chair taking it easy. She is opening a new consignment shop *Treasures & Tunes Resale* in Weidman and will be devoting her time to making her new adventure a success.

Congratulations to Ginger on her retirement, we will miss her at the COA, but wish her the best of luck. We do expect her to show up in the office once in a while just to bring us some of her wonderful baked goodies. Thanks Ginger for all of your hard work. We will miss you!!!

Reception-Ambassadors Needed

If you enjoy a professional office atmosphere which includes greeting visitors and performing general clerical duties, the Commission on Aging needs you! We are looking for volunteers to work as a **Reception-Ambassador** once per week from 8:00 a.m. to 12:15 p.m., or from 12:15 p.m. to 4:30 p.m. Please call **989-772-0748**.

(SERA) State Employee Retirement Association

Hello again. I hope everyone had a nice Thanksgiving. Our December meeting will be held at the VFW Hall at the corner of Belmont and Pickard. It will be December 11 at 12:00 p.m. (second Tuesday of the month). This is our annual Christmas Party. The cost for the dinner will be \$6.00 for members and \$9.00 for non-members. It is also requested if possible to pay the dues of \$11.00 for next year’s membership. Instead of gifts we are requesting you bring a nonperishable food item for donations to the local food banks. We will play card bingo and other activities. The results of the November election for officers and board members will be in the January issue of Active Living. For those who can not attend, have a Happy New Year and Merry Christmas. I still need suggestions for programming for SERA meetings in 2013. Please feel free to contact Jackie Curtis (jac62irish@yahoo.com) or **989-772-0597**.

Volunteer Drivers Needed at COA to deliver lunchtime meals or transport older adults to medical appointments. Mileage reimbursement is provided. Please Call 772-0748.

First Annual Doe Day a Success

More than 130 folks attended our First Annual Doe Day on Nov. 1 at the Isabella County Commission on Aging. Participants enjoyed morning presentations by Marydeanna Duckworth and Gloria Bixler, who spoke on vintage hats and gardening, respectively. Lunch followed with a delicious meal prepared by our COA kitchen staff. Many of our participants gave the ‘Buck Pole’ a shot, which raised \$71 to support our COA Home Delivered Meal Drivers’ mileage expenses. More than 20 lucky participants were awarded door prizes provided from local businesses. The afternoon concluded with a showing of the movie “*The Notebook*” and refreshments which included a chocolate fountain, fruit, cookies, popcorn, beverages and more! In addition to our Gold Key Volunteers who made our day possible, we would like to thank the following for their support of our First Annual Doe Day:

- | | |
|-----------------------------|---------------------------|
| Ace of Diamonds | Maplewood Assisted Living |
| Avon | Marcia Atkinson |
| Basketree | Marydeanna Duckworth |
| Big Apple Bagels | Max & Emily’s |
| Cheers/Midori/Blue Gator | McLaren Central Michigan |
| Emma’s Boutique | MJ Murphy Beauty College |
| Family Video | Rent Rite |
| Fiesta Hair Salon | Trillium |
| Friends of Isabella Seniors | Tropical Smoothie Café |
| Gloria Bixler | Trudeau Jewelers |
| Gold Key Needle Crafters | |

Watch future issues of Active Living Newspaper, and we will announce the date of our 2nd Doe Day which will take place next November!

2012 Holiday Raffle Winners



On Saturday, Nov. 10, 2012 four lucky individuals took home beautiful handmade items from the Holiday Raffle. 1st prize winner, Sandy Hovey, received the My Stars Quilt and Pillow Shams created by Linda Craig (pictured above). 2nd prize, a Country Quilt donated by the Weidman Country Quilters, went to Judy Boyd. Another 2nd prize, a multi-colored afghan went to Joe Howe. 3rd prize winner, Jackie Curtis, was very pleased to receive the Holiday Gift basket.

Proceeds from the Raffle benefit the Gold Key Needle Crafts program. Last year Gold Key Volunteer Needle Crafters donated 4,550 items to Isabella County individuals in need.

Meal Site Gift Certificates

The Holiday Season is upon us! The Food with Friends Program makes gift giving easy with Meal Site Gift Certificates. These gift certificates are a great gift for friends and family age 60+ who are regulars at our sites, or for those that just need an excuse to visit. Give your loved ones the gift of great food, fun, and friendship.

Gift certificates can be used at any of our Isabella County sites in Mt. Pleasant, Rosebush, Weidman, Winn, and Shepherd. Separate gift certificates can also be purchased for our Gratiot County Sites in Breckenridge, Ithaca, Fulton, Sumner, and St. Louis. Gift certificates can be purchased for \$2.50 per meal at the Commission on Aging office or at any of our meal sites.

Gold Key Volunteer Training

Autumn Gill, Compliance Specialist for Benefit Consulting Group, will present a training program in December for Gold Key Volunteers in Room A of the COA Activity Center, 2200 S. Lincoln Rd., Mt. Pleasant. Several sessions are provided to work around every schedule. Volunteers need to attend only **one** session.

Topics will include sexual harassment and workplace violence training. Training dates and times are as follows:

- Session 1:** Tuesday, December 4 10:00 a.m. until Noon
Session 2: Tuesday, December 4 1:30 p.m. until 3:30 p.m.
Session 3: Thursday, December 13 10:00 a.m. until Noon
Session 4: Thursday, December 13 1:30 until 3:30 p.m.

As a reminder: Gold Key Volunteers are required to attend two trainings per year. Please call **772-0748** to make your reservation for this informative meeting. Be sure to tell the Reception Ambassador which session you plan to attend. **Door prizes** and **refreshments** will be provided.

“At Home in Earlier Mt. Pleasant Michigan”

Jack R. Westbrook will present slide programs based on his latest local photographic history book *“At Home in Earlier Mt. Pleasant Michigan: A Visit with our Neighbors of the Past”* to audiences in a variety of area venues in December. The program features house and people photos from the 262-page book, focusing on homes within the area bounded by Bellows, Pickard, Oak and Mission streets with an additional representation of homes west of the Chippewa River and biographical introductions to residents of those homes through the years. Westbrook will have books available and autograph books, bought at the program or elsewhere.

Westbrook’s schedule includes:

Monday, December 3 –Slide show, Isabella County Commission on Aging, Rosebush Senior Center, 12:30. p.m.

Wednesday, December 5 –Slide show, “Let’s Do Lunch,” Art Reach on Broadway, 111 East Broadway, Mt. Pleasant – Noon.

Friday, December 14 – Book signing, The Mole Hole, 110 East Broadway, Mt. Pleasant 4:00 p.m. to close.

Saturday, December 15 – Book signing, The Book Shelf, 1014 South Mission, Mt. Pleasant. Noon to 3:00 p.m.

This page is sponsored by: **Rowley Funeral Home, P.C.** *formerly Helms Funeral Home*

AARP Tax-Aides Needed

It may seem too soon to be thinking about doing your taxes, but our volunteers are already planning how they can better help you with your tax or refund preparation. The Commission on Aging will continue to assist with this great free service to our community.

If you’re interested in helping your community and having fun while doing it, consider becoming a Tax-Aide Volunteer. Prior tax experience is not necessary, but it is helpful. You should be comfortable using a computer because the returns are prepared using a computer tax program. You would receive extensive training starting January 4 and will always have IRS approved materials and experienced volunteers available as reference sources. This program is geared toward middle and low-income people, with emphasis on those 60 or older. Tax return preparation will be scheduled from February 4 thru April 11 at the Commission on Aging and various other sites in Isabella County.

If you would like more information about volunteering, call Ginny Cain at the Commission on Aging (772-0748). We hope that even more volunteers will offer their services this year so that we can continue to improve the service that we offer you!

“Seniors for Seniors”

The Humane Animal Treatment Society (HATS) has older cats available for adoption at no cost to older adults. All cats are spayed or neutered and up to date with vaccinations. For more information call 775-0830. Or if you would like to adopt an older dog for a companion, give HATS a call. You just may find a forever friend!



Are you struggling to afford food?

We understand how difficult it is to pay bills, afford medications AND groceries. We can help. Mid Michigan Community Action provides a FREE monthly box of food to qualified seniors 60 years or older. All you have do is pick it up each month.

If you are having a difficult time, we may be able to help.

About the Commodities Program

- » A free monthly box of food essentials.
- » Enrolling is easy--just call to make an appointment (see phone numbers below).
- » All you have to do once enrolled is come to the pick-up site each month to get your box of food.
- » If you cannot make it, it is OK to send a family member to pick up for you.



Family Size	Income Guideline Senior CSFP	
	Yearly	Monthly
1	\$14,521	\$1,210
2	\$19,669	\$1,639
3	\$24,817	\$2,497
4	\$29,965	\$2,497

<u>Bay County</u> 989-894-9060	<u>Gladwin County</u> 989-426-2801	<u>Midland County</u> 989-832-7377
<u>Clare County</u> 989-386-3805 or 1-877-213-5948	<u>Mecosta County</u> 231-660-0271	<u>Osceola County</u> 231-791-7078
<u>Gratiot County - Ithaca</u> 989-875-5246	<u>Montcalm County</u> 866-754-9315 ext. 3342	<u>Isabella County</u> 989-772-0110

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Activity Center

DECEMBER ACTIVITIES

Monday	Tuesday	Wednesday
8:30 Medicare Part D (Lab) 10:00 and 11:00 Exercise - Low Impact (F) 10:00 Dulcimer Practice (Craft) 10:00 Blue Cross (B) 12:00 Community Service Council (A) 1:00 Canasta, Pinochle, Dominos (C) 1:30 Yoga (F) 6:00 It Works (A) 7:00 Square Dancing (C)	8:30 Med D (Lab) 9:00 Tai Chi Five Elements (F) 11:00 Tai Chi 10:00 - Country Music (B)12:30 Banjos &Guitars (B) 10:00 and 1:30 Volunteer Training (A) 2:00 - 4:00 Intermediate Line Dancing (Craft) 5:15 COA Board Mtg. (BR1) 6:30 Mid Michigan Wood Workers (C)	9:30 Brunch/Breakfast (C) 11:00 Bus leaves for CMU Women’s Game 10:00 and 11:00 Exercise-Low Impact (F) 12:30 Medicare Part D (Lab) 1:00 Happy Rippers (Craft) 1:00 Bridge (C) 1:00 Pepper (C) 5:00 CMU Class (A)
10:00 and 11:00 Exercise - Low Impact (F) 10:00 Dulcimer Practice (Craft) 1:00 Canasta, Pinochle, Dominos (C) 1:00 Legal Services (CR1) 1:30 Yoga (F) 7:00 Square Dancing (C)	9:00 Tai Chi Five Elements (F) 10:00 Needle Crafters (Craft) 11:00 Tai Chi (F) 10:00 Country Music 12:30 Banjos & Guitars (B) 1:00 CMU Bridge (Craft) 2:00 - 4:00 Intermediate Line Dancing (C)	8:00 SCP Quarterly Training (B) 10:00 and 11:00 Exercise - Low Impact (F) 10:30 Ministers (A) 11:15 Deal or No Deal (C) 12:30 Book Club (Lib) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:00 Pepper (C)
10:00 and 11:00 Exercise - Low Impact (F) 10:00 Dulcimer Practice (Craft) 12:00 Mt. Pleasant Garden Club (A) 1:00 Canasta, Pinochle, Dominos (C) 1:30 Yoga (F) 7:00 Square Dancing (C)	9:00 Tai Chi Five Elements (F) 11:00 Tai Chi (F) 12:00 State Retirees Meeting (VFW Hall) 2:00 - 4:00 Intermediate Line Dancing (C) 6:30 Caregiver Support (Craft)	10:00 and 11:00 Exercise-Low Impact (F) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:00 Pepper (C) 2:00 Holiday Receptionist Tea (B)
CLOSED Christmas Eve	CLOSED Christmas	10:00 and 11:00 Exercise-Low Impact (F) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:00 Pepper (C)
CLOSED New Years Eve		

This page is sponsored by: McLaren - Central Michigan Hospital

2200 South Lincoln Road, Mt. Pleasant—For more information please call **772-0748**

Thursday	Friday	Saturday
6 9:00 Tai Chi Five Elements (F) 10:00 Learn to Knit 10:30 Singers (Craft) 11:00 Tai Chi (F) 12:00 Medicare Part D (Lab) 1:00 Line Dancing (C) 2:00 FPG/SCP in-service set up (A) 6:00 Clowns (Craft)	7 8:30 FGP/SCP (A) Christmas Party 9:00 Isabella County Collaborative (B) 10:00 Jam Session (Craft) 10:00 and 11:00 Exercise - Low Impact (F) 12:30 Learn the Ukulele	8 8:00 Mid Michigan Quilting Bee (A B)1 12:00 Ostomy Group (Craft) 1:00 Euchre Card Party (C) 8 1:00 Euchre Card Party (C)
13 9:00 Tai Chi Five Elements (F) 10:00 and 1:30 T(A) 10:00 Learn to Knit (Craft)11:00 Tai Chi (F) 1:00 Beginner Line Dancing (C) 6:00 Watershed Conservancy (A) 6:00 Diversity Group (C) 7:00 Genealogy Mtg. (B)	14 10:00 Jam Session (Craft) 10:00 and 11:00 Exercise - Low Impact (F) 10:00 Wii Bowling (C) 5:00 Staff Training (A) 6:00 Dance \$5.00 (C)	15 1:00 Euchre Card Party (C)
20 9:00 Tai Chi Five Elements (F) 10:00 Learn to Knit (Craft) 10:30 Singers (Craft) 11:00 Tai Chi (F) 1:00 Snow Bird Book Club Not Meeting 1:00 Beginner Line Dancing (C) 6:00 Diversity Group (Craft)	21 8:00 - 9:00 Open Breakfast (C) 10:00 Jam Session (Craft) 10:00 and 11:00 Exercise - Low Impact (F) 12:30 Learn the Ukulele (Craft) 12:45 Meijer Gift Card Bingo (C)	22 1:00 Euchre Card Party (C)
27 10:00 Learn to Knit (Craft) 1:00 No Line Dancing Today	28 10:00 Jam Session (Craft) 10:00 and 11:00 Exercise-Low Impact (F) 12:30 Learn the Ukulele (Craft) 12:45 Laurel’s Bingo (C)	29 1:00 Euchre Card Party (C)
29 Food With Friends Daily, Monday thru Friday Noon in Activity Room C See our Menu in this issue!	The room location for each activity is listed on the calendar for easy reference. Codes for the various rooms are as follows: A = Activity Room A F = Fitness Room B = Activity Room B CR1 = Conf Room B139 C = Activity Room C Lab = Computer Lab Craft = Arts & Crafts Room BR = Board Room B126	

This page is sponsored by: **The Laurels and Maplewood of Mt. Pleasant**

Exercise Classes



Our Fitness Instructors

Ethan Howard, Rebecca Miesch,
Brandi Clark, Liz Szymanski and
Mark Mooradian (not pictured) .

WATER AEROBICS

SAC/ Rose Event Center

Monday thru Friday thru December 14
Classes will resume January 7, 2013.
7:30 a.m.- 8:30 a.m.

Lo Impact Aerobic Classes

COA Activity Center
2200 S. Lincoln Rd.

M W F 10:00 a.m. and 11:00 a.m.
at

Weidman Community Building
Mondays & Thursdays: 4:30 p.m.

DANCING

Line Dancing

Tuesdays, 2:00 - 4:00 p.m. Intermediate
Thursdays, 1:00 - 3:00 p. m. Beginner

Modern Western
Square Dancing

Mondays, 7:00 p. m. - 9:00 p.m.
For more information
Call Patricia at 989-621-1383.

Music

Community Dance

Friday, December 14
6:00 p.m. - 9:00 p.m.
COA Activity Center
New Program, Music and D. J.
Oldies 50's/60's&Country Old/New
Donation: \$5.00
Snacks/Pop/Water \$1.00
Come Join the Fun!
Sponsored by the Red Hat Strutters.



Jam Session

Come and join in with others who play for
the fun of it.
Every Friday 10:00 a.m.

Banjoes and Guitars

12:30 p.m.
Learn the Basics
Tuesdays, December 4 and 11

Play Your Dulcimer

Mondays at 10:00 a.m.
New people welcome!

Senior Singers

Thursdays, December 6 and 20
10:30 a.m.

Ukulele Lessons

Fridays, 12:30 p.m.
Bring your instrument and enjoy playing
with others.

Legal Services

Lakeshore Legal Aid provides FREE
legal advice to people
over age 60.

For an appointment call Toll Free:
1-866-552-2889

Classes

Learn to Knit

Thursday, 10:00 a. m.
Come learn from those who know how.

Readers Theatre Group

Meets on the second and fourth Mondays of
the month at 1:00 p.m.

Upcoming Art Class

Portrait and Figure

Drawing

Wednesdays

10:00 a.m.-12:00 p.m.
January 9 - February 13, 2013
Cost: TBA
Call if interested 772-0748.

Computer Class Change

There will be NO computer classes during
the month of December. They will resume
on Tuesdays and Thursdays at 10:00 a.m.
starting on January 2, 2013.

Tai Chi Classes

Tai Chi Five Elements Class

No experience necessary
December 4-20
Tuesdays & Thursdays at
9:00 a.m.-10:00 a. m
5 Elements practice 10 - 10:30 \$5.00
Cost: \$45.00 for 6 classes or \$10.00 per
To register call Judi 989-773-0786

Beginners Tai Chi

Starts at a beginners level and incorporates
“Chi Kung” exercises along with the short
Tai Chi Forms. FREE
Intermediate students are also welcome
Instructor: Pat-McGann Zions
11:00 a.m. Tuesday & Thursday

Activity Center TRAVEL ACTIVITIES

Games

Bingo at the COA

Friday, December 21 - 12:45 p.m.
Friday, December 28 - 12:45 p.m.

Deal or No Deal

Wednesday, December 12- 11:15 a.m.
before lunch

Lost Car Keys

If any of you were out here and picked up a set car keys which you thought might be yours please take a look at them. His had a flash drive on it and a post office key. Call Sally at 772-0748 if you have them.
Thanks for looking!!



A Howling Good Time
was had by many on Saturday, October 27. Pictured is David Wonsey who came with his Grandma Lorna Gates and enjoyed the games, refreshments and prizes.

DAY AND EXTENDED TRIPS CALL 772-0748

Holiday Craft Sale

On Saturday November 10 attracted people of all ages. There were over 50 tables of items and baked goods. Thank you all who came out and supported us!!
Pictured below are Chelsea Schafer and Alexandria Fussman.



2013

Calendars For Sale
\$10.00 each
Available at the COA
Proceeds go to the Fitness Program



2013

Florida

Fort Meyers Beach
January 30-February 13

Deep South

New Orleans
Natchez
Vicksburg
March 10-18

Mystery Trip

March 22-23

Springtime in the South

Asheville North Carolina
Savannah Georgia
Charleston South Carolina
April 5-12

Lancaster Pennsylvania

“Jonah”
“Brigadoon”
April 30-May3


Mississippi River

Classic Oldies Cruise
May 15-17

Washington D.C.

Mt. Vernon
Gettysburg
September 16-20


For a brochure call Sally at 772-0748.

FWF Eat Smart Menu				December 2012
Monday	Tuesday	Wednesday	Thursday	Friday
3 Macaroni & Cheese Bread Winter Blend Tossed Salad Pineapple	4 Baked Chicken Bread Whipped Potatoes/Gravy Cauliflower/Cabbage Salad Peaches	5 Meatloaf (beef & turkey) Bread Squash Pea Salad Pears	6 Meatballs (beef) Bread Redskin Potatoes Brussels Sprouts Mixed Fruit Cup	7 Smothered Chicken Breast Bread Oven Roasted Potatoes Carrot Salad Grape Banana Fruit Cup
10 Corn Chowder Breadstick Hard Cooked Egg Tossed Salad Peaches	11 Roast Pork Bread Sweet Potatoes Stewed Tomatoes Pears	12 Chicken Pattie Hamburg Bun Lettuce and Tomato Pork n Bean Salad Baked Apples	13 Baked Cod Bread Potato Medley Fruited Coleslaw Apricots	14 Spanish Baked Steak (beef) Bread Baked Potato European Blend Strawberries
17 Beef and Noodles Bread Beets Tossed Salad Tropical Fruit	18 Meatloaf (beef & turkey) Bread Baked Potato Italian Blend Mixed Fruit Cup	19 Christmas Dinner Baked Ham/Bread Cheesy Company Potatoes Green Beans Cauliflower/Cabbage Salad Holiday Cake	20 Swissed Beef Pattie Bread Whipped Potatoes Spinach Pears	21 American Goulash (turkey) Bread Mixed Vegetables Fruited Coleslaw Peaches
24 CLOSED Christmas Eve	25 CLOSED Christmas	26 Pork Chop Bread Whipped Potatoes/Gravy Winter Blend Cinnamon Applesauce	27 Chicken a la King Biscuit Carrots Coleslaw Pineapple	28 Sliced Turkey Bread Whipped Sweet Potatoes Brussels Sprouts Fruit Cocktail
31 CLOSED New Years Eve				

Menus are Subject to Change Without Notice
Reservations are Required 24 Hours in Advance

Milk provided with all meals
Suggested Donation \$2.50

Shepherd United Methodist Church, 107 W. Wright, Shepherd
Meals M-W-F, 10:00 a.m. - 2:00 p.m. Rose Cowden, Site Manager **828-5106**



Merry Christmas and Happy Holidays! This is a great time of year to enjoy food and fellowship, so come out and join us! We have fun musical activities planned for December with lots of special treats.

December Calendar		December Calendar continued	
3	Music Monday	21	Pepper – 1 st Day of Winter...Brrrr...Come in for something warm!
5	Euchre Nutrition /Food Safety	24	Closed
7	Pepper	25	Closed
10	Surprise	26	Birthday Bingo – Come in for treats! & Bingo.
12	Storytelling w/ Carolyn	28	New Year’s Party
14	Sally from Chippewa Nature Center		
17	Surprise		
19	Christmas Dinner – Special Music		

This page is sponsored by: **Prestige Centre and Prestige Place Assisted Living**

Commission On Aging

Reaching Out in Your Area

Weidman Senior Center 3453 N. School Road, Weidman
Meals M-F, 9:30 a.m. - 1:30 p.m. Marjie Evans, Site Manager **644-2538**

Weidman Food with Friends welcomes you to warm up with a hot drink and warm hearts. This place is like a home away from home to us, and we think you may find it is for you, too. Do you have a hobby or interest not listed in our schedule below? Please feel free to let us know and we will attempt to include it in the future.

December Calendar

- 4 Lisa from the CMCHD –
Community Volunteerism
- 5 River Ramblers
- 6 Bingo (Bingo’s Birthday Month)
- 10 Nutrition/Food Safety

December Calendar continued

- 12 River Ramblers
Birthday Party for Barb Cook,
Everette Cope, George Flogger, Bob
Karcher, Emma Koontz
- 14 Dominos
- 18 Cards
- 19 River Ramblers
Christmas Dinner
- 21 First Day of Winter
- 24 **Closed**
- 25 **Closed**
- 26 River Ramblers
- 28 Cards – National Card Playing Day
- 31 **Closed**

COA Activity Center

2200 S. Lincoln Rd, Mt. Pleasant
Meals M thru F, Open 8a.m. - 4:30p.m.
Jen Conner, Site Mgr. **772-0748**

Happy holidays!

It’s been a special year here at Food with Friends, Activity Center! I have met many participants who have come to mean so much to me. I have learned from so many of you and enjoy hearing the unique histories you carry. I have laughed with many of you until it hurt! I am touched by your generosity of kindness every day. At this special time of the year I say thank you to all of our participants who come to share meals during Food with Friends at the Activity Center, and I wish each of you all the very best the holiday season has to offer.

Please, join us this month:

Deal or No Deal by Tendercare Dec. 12 at 11:45 p.m./Room C

Holiday Meal/Food with Friends Dec. 19 at 12 noon/Room C

Open Community Breakfast Dec. 21 from 8 to 9 a.m./Room C. Cost \$4

Jammers Live Music every Tuesday from 10 a.m. to 12 noon/Room C

Cribbage every Tuesday 10 a.m. to 12 noon/Room C

Ping Pong, Wii Bowling and great conversation. EVERYDAY! 11 a.m./Room C

Warm wishes,
Jen

Winn Community Building

2583West Blanchard Road, Winn
Meals M-W-F, 10a.m.to 2p.m.
Denise Peltier-Pohl, Site Mgr. **866-2520**

Joyous Noel! I hope all of you will have a warm and fuzzy Christmas! December is going to be just as fun as November was. Thank you to Bader and Sons of Rosebush for donating a John Deere door prize to celebrate John Deere Day!

If your family can’t make it home, come in and be with our Winn family! As always we will have our birthday party on the first Monday. On Dec. 19, Santa’s coming! Darlene & Les Jenkins and Steve & Lois Johnson will be here too! What a great time to be had. Everyone needs to have a big Christmas meal to share in. Stop in! We can’t wait to see you!

We will be open on Dec. 26 and 28. So come by for some peaceful, quiet, and relaxing time with me in the midst of the hurried Holiday Season. – Denise

December Calendar

- 3 Birthday Party w/ Jack Salisbury and
Loretta Merritt
- 5 Kevin Bendele
Nutrition/Food Safety
- 10 Mark Ray and Mark Bauman
- 12 Leon Seiter
- 14 Massages by Michelle Bendele
- 17 Rob and Linda Louisell
- 19 Christmas Dinner w/ Darlene & Les
Jenkins and Lois & Steve Johnston
Appearance by Santa
- 24, 25, 31 **Closed**
- 26, 28 Open – Peace and Quiet Days. Come on in!

Rosebush

Village of Rosebush Manor
4210 E. Rosebush Road, Rosebush
Meals M-W-F, 10:00 a.m.- 2:00 p.m.
Penny Wisney, Site Manager **433-0151**

It is the season to be jolly! Come join us for lunch and activities throughout this month. Jack Westbrook, a local author, presents his new book At Home in Earlier Mt. Pleasant, Michigan on December 3 at 12:40 p.m.

To celebrate the holidays, there will be a Christmas dinner with all the trimmings on December 19, at 12:00 p.m. Bring a friend or two to help celebrate the holidays with us!

Sit and Get Fit on M-W-F at 11:15 a.m., a movie & popcorn--Fridays at 6:15 p.m.

December Calendar

- 3 Jack Westbrook-12:40 p.m.
- 5 Penny Bingo-1:00 p.m.
- 7 Chippewa Nature Center-12:45 p.m.
- 10 Bingo w/Prizes-1:00 p.m.
Red Hat Strutters-2:30 p.m.
- 12 Penny Bingo-1:00 p.m.
- 14 Good Times Band-1:00 p.m.
Ice Cream Social-2:00 p.m.
- 17 Nutrition/Food Safety
Items-12:30 p.m.
Crossword/Word Search-12:40 p.m.
Christmas Craft-12:50 p.m.
- 19 Christmas Dinner
Bingo w/Prizes-1:00 p.m.
Storytelling- 2:00 p.m.
- 21 Celebrate First Day of Winter
Frost Cookies-1:00 p.m.
- 24, 25, 31 **Closed**
- 26 Penny Bingo-1:00 p.m.
- 28 National Card Playing Day/
Play Cards-1:00 p.m.

Breakfast Special at COA

On the **Third Friday of the month**, Breakfast will be served at COA. Please join us! Breakfast is served from 8:00 a.m. until 9:00 a.m. in Room C. The cost is \$4.00 per person.

Enjoy the following: Seasonal Fruit, Juice/Coffee, Scrambled Eggs, Toast, and Muffins, The Cook’s Special, and Bacon/Sausage (2 links and 2 strips)

Please call **989-772-0748** for reservations at least 24 hours in advance.

IN MEMORY OF

Leona Haney
Richard & Arlene Scramlin

Wanda Powell
Candace Powell

Kenneth Burr
Dale & Jeanette Gatehouse
Larry & Sally Johnson
Velma Burr & Family
Roy & Sandy Burr
Jack & Norma Mogg
Leon & Irene Burr

Vernon & Choice (Faling) Foster
Louis & Justine Fiorillo

Ray Packer
Elayne Watson

Jean Purtill
Willard & Joyce Seeley
Sharon Bolton
Elton & Ina Mae Philo

Arthur D Guthrie
Ruth Guthrie

Dorothy Brewster
Virginia Judge
Kay Ashworth
Beverly Gross
Roger & Alice Goenner
Mr & Mrs Frank Deni
Sally Rose
Art & Robin Bohr
Ruth Magnell
Jane Eldred
James & Carolyn Hill
Maureen Wardrop

John Walker
Helen Lehnert

Beverly Myers
Elton & Ina Mae Philo
Robert & Janet Roberts
Ruth MacDonald
Karen Brooks

John Verwey
Alan & Debb Andres

Joe Lawrence
Dolores Lawrence

Food with Friends
In Memory of

John Varga
Alan & Debb Andres

Jean Purtill
Jay & Dorlyn Curtiss
Pat & Evelyn Travis
Thomas & Carol Hynes
Harry & Beverly Tripp
Robert & Patricia Purtill

Kenneth Burr
Dick, Carol & Brenda Clare
Ruth Fancovic
Larry Machuta

Dorothy Brewster
Larry & Sandra Montney
Dolores Lawrence

Rita Sheppard
Edward, Carolyn & Brenda Clare

Active Living
In Memory of

Dr. Dan Dean
Al Bland

Dean Muterspaugh
Evalyn Muterspaugh
Charles & Ellen Peterson

Vivian J Vanas
Joe Vanas
Phil & Terry Vanas
Ron & Darla Ripple

John Verwey
Jack & Mary Lou Westbrook

In Home Services
In Memory of

Jean Purtill
Gordon & Lynette Netzley

John Verwey
Frances Murray

Mary Bebow
Frances Murray

Activity Center
In Memory of

Jean Purtill
Wilma Morey
Dorothy Brewster
Anonymous

Gold Key Transportation
In Memory of

Beverly Myers
Marge Baker

Donations to ACTIVE LIVING

Nancy Marshall	John Pung
Elton Shattuck	Barbara Rinckey
Linda Heintz	Bob & Betty Welsh
Larry & Karolyn Cotter	Maureen Schmalbach
Deborah Barker	Richard Hecksel
Candace Powell	Bill & Katherine Martin
Duane Chapman	Helen Thrush
Justine Fiorillo	Wilma Sanders
Deborah Poff	Michael & Dawn Pudlik
Judy Bailey	Beverly Ketcham
Joan Trinklein	Ruth Guthrie
Vera Wiltse	Lonnie Lint
Mary Leatherman	Betty Campbell
Ronald & Joyce Demlow	Erika Courlander
Dave & Carol Neyer	Marcia Johengen
Clayton & Carol Garrett	Phil & Judy Chipman
Beverly Gross	Laura England
Jerry & Joan Doan	Rose O'Brien
Catherine Hollenbeck	Helen Lehnert
Nancy Cook	Manjula Chandrasekharan
Tillie Embrey	Ruth Magnell
Ronald & Carolyn Lutz	Bob & Catherine Bohn
Glen & Carol Matthews	Donald & Barbara Carey
Ruth Fransted	John & Sally Weisenburger
Lawrence & Kathy Fussman	Ken & Marjorie Keene
Arlo & Carolyn Guy	Peggy Trgina
Barbara Combs	

Thank You for your donations to COA.
Donations listed in this issue were received by November 14.

Golden Age Cards

If you are age 85 or older, you are eligible to receive a Golden Age Card, compliments of the Isabella County Transportation System. This will enable you to ride the *IRide* bus for free. This card is made at the COA Activity Center, 2200 S. Lincoln Rd. in Mt. Pleasant. You need to show verification of your age and be a resident of Isabella County to obtain a pass.

This page is sponsored by: **CLARK family FUNERAL CHAPEL & CREMATION SERVICE**

Donations to
COMMISSION ON AGING

Volunteer Travel

Boston Scientific
Weidman Lions Club
Buck Pole Special Event

Gold Key Needle Crafts

Patricia Symons

In Home Services

Moval & Theda LaLone
James Chubb
Anonymous
Dorrene Rogers
Jack & Mary Lou Westbrook
Lois Root
Stan & Sandy Parks
Rodney & Shirley Jenkins

Activity Center

Wayne Walker
Louie & Donna Doughty
CMU Bridge Club
Louise Uphold
Richard & Jean Thomas
Melvin Onuskanich
Larry & Arlene Salters

Christmas Outreach
Needs Donations!

The following new or gently used and clean items are **greatly needed** by Christmas Outreach:

Men’s Jeans in any size
Size 22 and up Women’s Jeans
Plus Size Men’s/Women’s Winter Coats
Children and Adult size Boots.

Drop off your donations at Finch Fieldhouse on the CMU Campus on November 28, 29, 30, or December 3, 4, 5 between the hours of 1:00 p.m. and 7:00 p.m. Pull into the parking lot on the south side of the building (off Preston St.) and drive up to the larger garage door – and someone will unload your car for you!

Christmas Outreach also accepts Infant and Children’s Winter clothing, bed linens, towels, sweatshirts, fleece, books for all ages, new and used toys, mittens, gloves and hats. For more information, visit christmas_outreach@yahoo.com or call **989-773-4204**.

COMMISSION
ON AGING
ADVISORY BOARD

District 1	Roxanna Dunevant
District 2	Ruth Anne Maniteau
District 3	Shirley Decker
District 4	John Dinse
District 5	Rebecca Bott
District 6	Ken Kopke
District 7	Jeanne Pfeiffer
At-Large	Therese Mosier
At-Large	Claudia Douglass

Friends of Isabella Seniors
Board of Directors

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Member	Paula Johnson
Member	Louise Plachta
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Member	

Temporarily Away

Active LIVING is not “forwarded.” When newspapers are returned to us, we automatically remove the individual from our mailing list. **In order to get back on the mailing list, you must contact our office with your current address.** If you are planning a winter vacation or plan to be away or are moving, please call **772-0748** or use the form on the next page.

Active LIVING Deadline

Each issue of Active LIVING is printed and mailed to our readers before the 1st of each month. In order to complete the entire process we need to receive information for submission by the 10th of the prior month. Please understand all articles submitted are subject to editing for content and space restrictions. Thank you.

Isabella County
Commission on Aging

Brenda J. Upton, M.A., Executive Director

Mission Statement

The Mission of the Isabella County Commission on Aging is to promote the health, independence and fulfillment of Older Adults through the coordination and provision of diverse services and opportunities.

The Isabella County Commission on Aging (COA) is a leading multi-service agency that provides a community focal point for the needs of our Older Adult population.

The following programs focus on assisting individuals who are sixty (60) years of age and older and live within our geographical service areas:

In Home Services Program

- Case Management
- Caregiver Training
- Counseling / Information
- Homemaking
- Medicare / Medicaid Assistance
- Personal Care
- Respite Care
- Fitness

Food With Friends Program

- Congregate Meals
- Home Delivered Meals

Foster Grandparent Program

- Senior Companion Program

Activity Center Program

- Activities /Trips


Gold Key Volunteer Program

- Volunteer Opportunities
- Transportation

Donations or fees for all programs and services are requested. If we can assist you or someone you know, please call (COA) at **989-772-0748** Monday thru Friday between 8:00 a.m. and 4:30 p.m.

Funding sources include Client Donations, Memorials, Planned Estate Gifts, Saginaw Chippewa Indian Tribe, Michigan Office of Services to the Aging, Isabella County Senior Millage, Federal, State, Isabella County and Gratiot County appropriations.

For Delivery of



Please check:

☐ New Subscriber

☐ Renewal

Contribution: \$

☐ Change of Address (Please attach a label with old address)

☐ Temporarily Away

Stop Date

Restart Date

Temporarily Away - Address

Full Name

Number & Street

Apt. No.

City

Zip

Phone

Send to: Friends of Isabella Seniors (COA)

2200 S. Lincoln Rd.

Mt. Pleasant, MI 48858

New Subscriber or Change of Address

Full Name

Number & Street

Apt. No.

City

Zip

Phone

Please make checks payable to:

Friends of Isabella Seniors

The **Friends of Isabella Seniors** organization is operated exclusively for charitable purposes, within the meaning of Section 501 (c)(3) of the Internal Revenue Code to encourage and assist with the provision of programs and services for older adults in Isabella County operated in cooperation with the Isabella County Commission on Aging.

Suggested contribution to Active Living: \$20.00 per year helps to cover the costs of producing and mailing the paper. A great way to remember when to send your donation is to send it on your birthday each year.

Address Changes: Active Living is mailed under a nonprofit automated mail rate and will not be forwarded with a notice to the post office. *Please notify the COA office using the delivery form at left each time you request a change to assure we record changes correctly.*

Upcoming Events in December



Hoops for Hunger

Wednesday,
December 5
@ 12 noon

CMU Women's Basketball
VS
Green Bay



**Christmas Outreach
Needs Donations!
See Page 15 for details**

DECEMBER 2012 ACTIVE LIVING

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