

The logo for 'Active LIVING' features a stylized green and yellow figure resembling a person or a leaf on the left, followed by the word 'Active' in a dark red serif font and 'LIVING' in a green sans-serif font.

Volume 113 Issue 9
September 2013

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

Plein-air Painters Gather

Artists interested in the representation of objects seen under brilliant sunlight and other outdoor effects gathered at the home of Carol Rard and Errol Putman to paint and draw scenes provided by created landscapes and nature. Artists focused on vignettes including barns, grazing cows and horses, winding wooden stairs lined with ornamental grasses, water lilies floating above a reflective pond, weathered maple trees, and scarlet blossomed vines winding upwards toward a shaded pergola above a cedar deck. Under the instruction of Jeanne Fisher, from the Commission On Aging, the artists Roberta Richardson, Joyce Hendricks, Liz Dealing, Judy Taylor, Nancy Fitzpatrick, Theresa Turner, Bob Roberts, Kathryn Prewitt, visiting artist Carol Howard, Mary Jarmin, Andi Hofmeister and Carol Rard shared techniques to achieve shadows, depth, texture, and focus of composition in their use of watercolors, pastels, and drawing.

Many lessons were shared among the supportive cadre as artists critiqued their compositions after five hours of work, lunch, and dessert. Rard and Putman offered their home for the site of the gathering in honor of their deceased friend and accomplished pastel artist, Mark (Jerry) Power. All participants were thankful for a productive day organized by Jeanne Fisher. See below for a showing of these artists' works to be displayed at the Commission On Aging on September 14.

ART SHOW AND SALE

Create 2013 is the title of a fine art show and sale that will be held at the **Commission on Aging, 2200 S. Lincoln Rd.**
Saturday, September 14, from 1 – 4 PM.

The show is a presentation by **Second Sight Artists** who are students from Jeanne Fisher's drawing and painting classes. Featured in the event will be original works of drawing, oil and watercolor painting, ink and pastel. In addition to the artwork exhibited, there will be other creations such as prints and stationery available for purchase.

This will be the first such event by this group of individuals some of whom are recent learners and others who had not practiced art until the last few months or years. Please plan to attend this delightful exhibit of artwork and enjoy an opportunity to meet the artists. ***Light refreshments will be served.***

Mountain Town Singers FREE PERFORMANCE AND REFRESHMENTS

The Mountain Town Singers will perform at the COA Activity Center on **Wednesday, September 25, from 6:30 p.m. to 7:30 p.m.** Come hear the delightful music and harmonizing by a group of talented men.

Call the Commission on Aging at **989-772-0748** and let us know if you plan to be there. We will have refreshments of cider and donut holes to celebrate the beginning of the Fall Season.

Amateur Photographers Wanted

Are You interested in joining an Amateur Photographers' Club?

*Organizational Meeting
Monday, September 9, 2013
7:00PM – Arts & Crafts Room
Isabella County COA
Activity Center
2200 S. Lincoln Road
Mt. Pleasant, MI 48858*

*Adults Age 18 & older are Welcome
Call 772-0748 if you have questions.*

Director's Comments



On August 2nd the Commission on Aging and Friends of Isabella Seniors held their 10th annual Golf Outing. The weather cooperated for the 10th year in a row. The temperature was in the 70's, the sun was out and for the 10th year it didn't rain. Saying that, I probably just jinxed us for next year, but I'll just have to take the chance.

There are so many things that go into making a golf outing a success. To begin with, you have to look at the organizers, our COA staff. From printing and mailing of golfer registration forms, to making sandwiches, and even greeting golfers as they arrive, all are important for creating a quality outcome.

An additional factor in the success of our golf outing is the number of sponsors who support the event. The long list can be seen in the acknowledgement ad we have placed in this edition of Active Living. There was also a "thank you" ad in the August 11th issue of the Morning Sun. We are so grateful for their support. The majority of them have been with us from the start, for 10 years.

The day of the event the volunteers help with everything from selling raffle tickets to sitting on the 16th hole waiting for someone to win that \$10,000 hole-in-one, which I am disappointed to say has never been won. Our volunteers continue to be the heart and soul of the COA. They make all our programs and special projects a success.

Then there are the golf course management and staff members, starting with the care of the course and the greens, to the organization of the teams and the tallying of the scores. It has been great working with Pleasant Hills Golf Course, with Joe Recker and his staff. They are part of the reason our golf outing is fun.

Finally, the golfers: This year we had 30 (3 person) teams. Many of them have played in our outing for all ten years. They are loyal and they always seem to have fun and enjoy the day. They are a great group of people who support our programs and services.

This year we made approximately \$6,000.00 on our golf outing. These proceeds will go toward the reimbursement of our volunteers for the mileage they accumulate while delivering meals, taking a client to a doctor's appointment or volunteering as a Foster Grandparent or Senior Companion. All of these are vital services that make the difference in the lives of those we serve.

We thank everyone for their support of this year's COA golf outing and hope to see you next year on Friday, August 1, 2014 at Pleasant Hills Golf Course.

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

Mission Moments

In a recent article by Ellen Goodman, she discussed the drama faced by Nelson Mandela's family surrounding his illness. She talked about the many families and friends who deal with health crises every day without having the knowledge of what kind of care their loved ones would want if they were unable to voice their opinions. For these reasons, Ms. Goodman and others helped found "The Conversation Project," which is a national campaign to encourage conversations about our wishes for end-of-life care.

Surveys tell us that 70% of Americans want to die at home but 70% end up dying in hospitals and institutions. As Ms. Goodman stated in her article, "Home may not be a place to die but it is a "way" – surrounded by loved ones, in comfort and in peace."

The Commission on Aging will be partnering with Woodland Hospice and Morey Bereavement Center to help community members begin the conversation. End of life discussions may not be easy to have, but they make decisions that must be made at a later time much more comfortable. How much nicer it would be to have the end-of-life conversation around the kitchen table than in the ER or ICU.

By Barbara Frankenfield, In Home Services Coordinator

Caregiver Support

Our Caregivers Support Meeting will be September 17, 2013 at the Isabella County Commission on Aging Activity Center 2200 S. Lincoln Rd. Mt. Pleasant. The meeting is held from 6:30-8:00 . This group is open to all caregivers be it caring for your mother/father, 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 begin to implement. Educational handouts will always be available. If you have questions about this group feel free to call the COA at **989 772-0748**. Ask for Ann Kowaleski.

Update on Food with Friends-Home Delivered Meals

As of August 12, 2013 Isabella County Commission on Aging Food with Friends is able to accommodate new clients for home delivered meals. The waiting list has been eliminated. If you could benefit from receiving home delivered meals, please contact Commission on Aging at **989-772-0748**. Thank you.

Isabella County Commission on Aging & Friends of Isabella Seniors
10th Annual Golf Outing

Thank you sponsors, donors, golfers, volunteers and staff at Pleasant Hills Golf Club for making our 10th annual Commission on Aging Golf Outing on 8/2/13 such a great success! Proceeds will benefit Volunteer Mileage Reimbursement. See you next year on Friday, August 1, 2014!

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Ask a COA Specialist

Question: Why should I review my Medicare Part D Prescription Plan?

Answer: This is the only time each year that all people with Medicare can join or change their Medicare prescription drug plan. Even if you like your current Medicare drug plan, it is strongly recommended that you review your plan for the upcoming year. It may be possible for you to save time, money and frustration by choosing a plan with lower premiums and fewer restrictions. Here are a few frequently asked questions that may answer your specific concerns.

1. **How may my plan have changed?** Your current plan may have changed:

- *The monthly premium
- *The annual deductible
- *The co-payments to your pharmacy
- *The formulary (list of covered medications)

2. **What do I have to do if I decide I want to stay in my current plan for 2014?**

You are not required to do anything. You will stay enrolled in your current Part D plan unless you sign up for a new plan, or your plan is no longer renewing its Medicare contract. (You will receive a letter from your plan if it is no longer being renewed).

3. **What if I change plans and decide I do not like my new plan?**

Changes can only be made during Open Enrollment October 15th – December 7th for most people. You will not be able to cancel the plan until the next Open Enrollment. Low income beneficiaries meeting certain criteria may change their plan throughout the year.

4. **What if I did not join a Part D plan when I was first eligible, but would like to join now?**

You can enroll in a plan during the Annual Open Enrollment. You may have to pay a penalty for enrolling late.

5. **How do I receive help to compare plans for 2014?**

Beginning October 1, you can call the Commission on Aging at 772-0748, to schedule an appointment with one of our trained volunteer counselors. Sessions are available for Isabella County residents 60 years of age and older and are by Appointment Only. There is no cost for the sessions, although donations to the agency are welcomed. You can also call 1-800-MEDICARE or go to www.Medicare.gov during the Open Enrollment Period.

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

Five Wishes Living Will is Ending

The Isabella County Commission on Aging will only be offering the free service of the Five Wishes Living Will program for a limited time. The Five Wishes is a simple living will/advanced directive which gives individuals the opportunity to plan end of life care and determine the treatment they wish to receive when they are unable to express their wishes themselves. Individuals will be guided through each one of the steps of the Five Wishes program and will have any questions answered by a Masters level CMU counseling student completing an internship at the Commission on Aging. The Five Wishes steps are as follows:

1. The person I want to make care decisions for me when I cannot
2. The kind of medical treatment I want or do not want
3. How comfortable I want to be
4. How I want people to treat me
5. What I want my loved ones to know

The service also includes a Next Steps guide which gives individuals strategies for discussing and developing ways to cope when dealing with serious illness. Individuals interested in the Five Wishes program may contact Joree Chapman to find out more information or to set up an appointment. The last day to have an appointment will be **October 3, 2013**. So feel free to call and make your appointment today! Contact Information: Joree Chapman, Phone: **989-772-0748** x. **238** or Email:

“Freedom from desire leads to inner peace.”

-Lao Tse

Step Up to End Alzheimer’s Walk

This is the fifth year that many community volunteers are working together on the fund raiser to benefit the Respite Care needs of families in Isabella County affected by Alzheimer’s disease. This year’s proceeds will be divided between Isabella County Adult Day Program and the Isabella County Commission on Aging. These proceeds will be used for Respite Care for individuals with dementia care needs.

This year’s walk, known as STEP UP TO END ALZHEIMER’S, is September 28, 2013 at Island Park, 331 N. Main St. Mt. Pleasant from 10:00 to 2:00. The walk includes a silent auction, live music and the Red Hat Strutters dancers. Coffee, doughnuts, and a pizza lunch will be offered. There will be an opportunity for participants to network with others who are affected by the disease. There will be tables with information and handouts on dementia and care issues.

Anyone wishing to participate can go to the event. If you are not able to attend and would like to donate, you can contact the Commission on Aging for more information. Feel free to contact Jen Martin or Ann Kowaleski at (989) 772-0748.

*This page is sponsored by: **Woodland Hospice & Morey Bereavement Center***
Hospice of Central Michigan dba

Coming Up In September at the COA Activity Center

Mt. Pleasant Area Historical Society

The Mt. Pleasant Area Historical Society will meet on **Tuesday, September 3** at 7:00 p.m. in Room A at the COA Activity Center, 2200 S. Lincoln Rd., Mt. Pleasant. The public is invited to attend.

Monthly Breakfast

The monthly breakfast is served at 8:00 a.m. at Commission on Aging and is scheduled for the second Tuesday of the month on **September 10**. The cost is \$5.00. The menu includes the following:

Breakfast Casserole (Food with Friends Famous Casserole)
Bacon/Sausage Fruit Toast or Muffins Juice/Coffee

Please call **989-772-0748** for reservations at least 24 hours in advance. Invite your friends and family and enjoy a hot breakfast. There is no age requirement to attend. Please join us!

Arthritis Relief

**Presenter: Orthopedic Surgeon,
Dr. Charles Lilly, M.D.**

Arthritis and simply years of use may damage knees and hips. The most common symptoms are pain and swelling that make it difficult to walk, climb stairs or complete everyday activities. If you struggle with hip or knee pain and are looking for solutions, join Dr. Charles Lilly M.D. in Room B at the **Commission on Aging**, 2200 S. Lincoln Rd. Mt. Pleasant, **on Wednesday, September 11 from 11:00 a.m. to noon**. There will be a discussion of treatment options including non-surgical management as well as replacement therapy. Equip yourself with the information necessary to make the best choice for you. If you plan to be there, please call the COA at **989-772-0748** to reserve a spot.

Genealogical Society of Isabella County

"A family tree can wither if nobody tends its roots."

The Genealogical Society meets the 2nd Thursday of each month

(Sept. 12) at the Commission on Aging building at 7 p.m.

More information may be obtained from our website:

<http://isabellagenealogy.org/home>

(SERA) State Employee Retirement Assn.

On September 17 we will have our annual pizza party. The party will begin at noon. Please bring your own drinks. Plates will be furnished. The party will be in room A at the Commission on Aging, 2200 Lincoln Road. **REMEMBER THE PARTY STARTS AT NOON**. We will also have card bingo, 50/50 drawing and the door prize. Currently I have a speaker for the October meeting. Any suggestions for November and 2014 would be greatly appreciated. If there are any questions, please feel free to contact me-Jackie Curtis, **989-772-0597** or jac62irish@yahoo.com.

Fall Mushrooms Class on Sept. 18 & Oct. 12

We are having a class on Fall Mushrooms on September 18, from 1:00-3:00 p.m. The presentation by Sister Marie Kopin will feature fantastic information about wild mushrooms. Come learn about what to look for, where to look, what mushrooms are used for and how to prepare them. Continue your education by attending a presentation on poisonous mushrooms on October 10, from 1:00 to 2:30 p.m. We will then go on a hunt for many varieties of mushrooms on Saturday, October 12, at the Sylvan Solace property at 10:00 a.m. These classes are free events. Please reserve ahead by calling **(989)772-0748**.

Movie and Popcorn \$1.00

The movie this month will be shown on **Tuesday, September 24** at 12:45 p.m. With the World Series upon us, experience the story of Jackie Robinson in the movie **"42."** The cost is \$1 for movie and popcorn. Please call **772-0748** 24 hours in advance to reserve your spot for the movie and or lunch. See you then!

Shepherd Event in September

Shepherd Area Historical Society

Tales from the Past: Growing Up Rural and Attending a One-Room School will be presented by Mrs. Loretta Koester of Shepherd at the Shepherd Area Historical Society meeting on Monday, September 9, 2013, 7:00 p.m. **Guests are welcome**. A business meeting will follow the program. Revised By-Laws will be discussed. For additional information about the Society, contact Carol Lauffer at **989-772-0718**.

Upcoming Health Events

Register for these **FREE** classes listed below 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.**

Treatment Options for Knee and Hip Arthritis

September 11, from 11:00 -12:00 p.m. at COA , 2200 S Lincoln Rd. Arthritis and simply years of use may damage hips and knees. The most common symptoms are pain and swelling that makes it difficult to walk, climb stairs or complete everyday activities. If you struggle with hip or knee pain and are looking for solutions, join Orthopedic Charles Lilly, MD for a discussion of treatment options including non-surgical management as well as knee or hip replacement therapy. Equip yourself with the information necessary to make the best choice for you. Contact the COA at **(989) 772-0748** to register for this free seminar.

Vision and Eye Health

September 26, from 5:30 -7:30 p.m. in the FDJ Conference Room.

Your eyes are an important part of your health. Join Ophthalmologist Lawrence Evans for a discussion on eye exams, cataract and laser surgery and low vision. Glaucoma screenings will also be offered.

Are You a Candidate for Bariatric Surgery?

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 Jeffrey Bonacci, MD, FACS and Sue Hahn, RN, BSN, McLaren Central Michigan Bariatric Coordinator. If you would like to learn more about the bariatric surgery process, contact our Bariatric Surgery Coordinator at **(989) 772-6739**.

Joint Replacement Program

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, contact our Joint Replacement Coordinator, Beth Nesbitt, RN. Call **(989)779-5651** for dates and times and to register.

Register for these **FREE** educational programs listed below 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

September 6, 13, 20, 27 from 9:00-12:00 p.m. 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

September 19, from 6:00-8:00 p.m. Learn about laparoscopic weight loss surgery and how it can improve your health and life. Bariatric Surgeons will highlight laparoscopic Roux-en-Y, adjustable banding and sleeve gastrectomy surgical options. Please call to register for this free program.

Senior Olympic Games Swimming Award Winner



Pictured above, **Sherry Trombly** from Mt. Pleasant, recently participated with 10,700 international athletes in the National Senior Olympic Games in Cleveland, Ohio. Awards were given to her for 3rd Place (Bronze medal) in the 200 meter breast stroke, 8th place in the 100 meter breast stroke, 8th place in the 50 meter back stroke and 6th place in the 50 meter breast stroke. ***Congratulations, Sherry!***

Legal Services

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

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

At this time, Lakeshore is no longer preparing wills, advance directives or power of attorney forms.

This page is sponsored by: **Rowley Funeral Home, P.C.** *“Honoring Traditions, Respecting Change”*

Save the Date!

Morey Senior Outreach Concert

On **Sunday, September 29, 2013 at 2:00 p.m.**, the School of Music at Central Michigan University presents the ninth annual Senior Music Outreach Concert for older adults and their families. This **FREE** one-hour musicale is performed in **Staples Family Concert Hall** by CMU students and made possible with generous support from the Morey Foundation. Refreshments and entertainment follow the concert in the beautiful School of Music lobby.

Ride Buddies Needed

Ride Buddies are needed to ride the *I Ride* buses to provide assistance, security and a friendly presence to all young children riding alone. If you enjoy working with young children, this might be just the volunteer opportunity for you!

Ride Buddies need to be available **once per week** during peak hours 7:00 to 10:00 a.m. or 2:00 to 5:00 p.m. The program runs September through June on Monday thru Friday. Additional background checks are required. Just call **772-0748** for more information or to register as a volunteer for this great opportunity. Help ICTC and COA make public transportation easier for the young ones to use.

Medicare Part D Volunteers Needed

COA is still recruiting new volunteers interested in assisting older adults with reviewing their prescription coverage. Volunteers must have basic computer skills, typing skills, internet skills. Any questions/concerns can be directed to Ginny Cain at **(989)772-0748**. Trainings are in September.

Site Assistant Subs Needed

A volunteer **Site Assistant** at the COA Activity Center is needed from 8:00 a.m. to 12:30 p.m. once per week to package meals for homebound older adults and serve meals to congregate participants. Other sites utilize volunteers from 11:00 a.m. to 1:30 p.m. **We are still in need of substitute Site Assistants in the Rosebush and Mt. Pleasant areas.** For more information on volunteering, please call Ginny Cain at **772-0748**.

Coming in October

Mt. Pleasant Area Crop Walk 2013

The annual Crop Walk for Mt. Pleasant is scheduled for **Sunday, October 6, 2013**. The Commission on Aging has been a recipient of funds raised by the Crop Walk organization for many years. We need your help to raise funds for our community nutrition programs.

Why Walk? 50.2 million Americans live in households where they are uncertain where the next meal will come from. Worldwide, one in seven people will go to bed hungry tonight. Three quarters of the money raised by CROP Walkers will provide food and basic shelter and teach techniques for sustainable food solutions. One quarter of the money raised by CROP walkers relieves hunger through Food with Friends (Commission on Aging), WIC/Project Fresh (Isabella Health Department), Compassion Care Network/Salvation Army—Food Pantry, Red Cross Infant pantry, The Storehouse Food Pantry in Weidman.

*Sources: United Nations and Agriculture Organizations; U.S. Department of Agriculture, United Nations Economic and Social Council; World Health Organization Bread for the World 2012 Hunger Report.

Get Involved! Working together, we can build a world where there is enough for all. Registration starts at 1:00 p.m. at Island Park. The Walk starts at 1:30 p.m. with a pizza reception following. The Walk is supported in part by faith communities, businesses, community organizations and CMU students. For more information, contact Crop Walk Coordinator, Margie Williams (margaretm1104@gmail.com) or Carmel Slebodnik, Crop Walk

Fall Caregiver Trainings

You will not want to miss these two exciting Fall caregiver trainings. These events are open to all caregivers, professional staff and CMU students. These trainings are free and handouts and supplies are free as well.

Art Therapy and the Caregiver will be October 17, 2013 from 6:30pm-8:30pm. Dr. Barbara McIntyre Ph.D., is currently the Art therapist for Munson Medical in Traverse City. She has been an Art therapist for the Traverse Bay Area Intermediate School District, The Traverse City Friendship Center and for Long Term care patients at Kalkaska Memorial Health Center. She has authored several magazine articles on art therapy with children and art therapy in hospice care. She is an adjunct faculty member for graduate studies at several regional universities. She is currently in private practice in Traverse City. In this training she will share historical and research information on the benefits of art therapy. She will introduce caregivers to ideas they can use immediately and she will have an experiential project.

Music Therapy and the Caregiver will be October 29, 2013 from 6:30pm-8:30pm. Kristin Batzner, is a music therapist living in Mt. Pleasant. Kristin was a founding member and co-chair of the Kentucky Music Therapy Association, Music Therapist for Olathe Public Schools in Kansas, and Music therapist for Midland Hospice, Topeka Kansas. Kristin also is a fitness and yoga instructor and owns and operates a yoga studio. Kristin will introduce ways to build a relationship with music. She will be using instrument playing, singing and lyrics in her training. She will offer the caregivers ideas to feel comfortable with using music as a tool. Please call the Commission on Aging at **989-772-0748** to sign up for these exciting trainings.

Activity Center SEPTEMBER ACTIVITIES

Monday	Tuesday	Wednesday
2	3	4
Commission on Aging CLOSED No Meal Delivery	9:30 Tai Chi Five Elements (F) 10:00 Country Music 12:30 Banjos & Guitars (B) 12:00 Retired School Employees (A) 5:00 COA Advisory Council (BR1) 7:00 Mt. Pleasant Historical Society (A) 7:00 Evening Bloomers (B)	8:30 Staff Meeting (Craft) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 1:00 Happy Rippers (Craft) 1:00 Bridge (C) 1:00 Pepper (C) 1:00 Euchre (C) 2:00 Receptionist Training (B)
9	10	11
10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 10:00 Dulcimers Practice (Craft) 12:00 Community Service Council (A) 1:00 Pinochle and Dominos (C) 1:00 Legal Services (CR1) 1:00 Readers Theatre (Craft) 1:30 Yoga (F) 6:00 It Works (A) 6:00 Parkinson's Support Group (B) 7:00 Square Dancing (C) 7:00 Amateur Photo Club (Craft)	8:00 Breakfast (C) 9:30 Tai Chi Five Elements (F) 10:00 Needle Crafters (C) 10:00 Country Music 12:30 Banjos-Guitars (B) 1:00 CMU Bridge (Craft) 2:00 - 4:00 Intermediate Line Dancing (C) 2:00 FGP/SCP Advisory Council (A) 7:00 Mid Michigan Wood Workers (Craft)	10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 10:30 Area Ministers (A) 11:00 Joint Replacement Therapy (B) 11:15 Deal or No Deal (C) 1:00 Book Club (Lib) 1:00 Euchre (C) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:00 Pepper (C)
16	17	18
10:00 Dulcimers Practice (Craft) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 1:00 Mt. Pleasant Garden Club (NO Mtg.) 1:00 Pinochle, Dominos (C) 1:30 Yoga (F) 7:00 Square Dancing (C)	8:30 Friends of Isabella Seniors Mtg (BR1) 9:30 Tai Chi Five Elements (F) 12:00 State Retirees Meeting (A) 2:00 iPad Class (B) 6:30 Caregiver Support (Craft)	8:30 Staff Meeting (Craft) 10:00 Art Class (Craft) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 1:00 Fall Mushroom Program (B) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:00 Euchre (C) 1:00 Pepper (C) 5:30 It Works (A)
23	24	25
8:00 Med D Training (B) 10:00 Dulcimers Practice (Craft) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 1:00 Pinochle and Dominos (C) 1:00 Legal Service (CR1) 1:00 Readers Theatre (Craft) 1:30 Yoga (F) 7:00 Square Dancing (C)	8:00 Women's Aid Staff Mtg (B) 9:30 Tai Chi Five Elements (F) 12:45 Movie "42" (B) 1:00 CMU Bridge (Craft) 2:00 - 4:00 Intermediate Line Dancing (C) 4:00 Alzheimer's Walk Mtg. (A) 6:00 Quilters (A B C) 7:00 Stamp Collectors (Craft)	8:00 Med D Training (B) 10:00 Art Class (Craft) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 1:00 Happy Ripper Quilters (Craft) 1:00 Bridge (C) 1:00 Euchre (C) 1:00 Pepper (C) 6:30 Mountain Town Singers Performance
30		
10:00 Dulcimers Practice (Craft) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 1:00 Pinochle and Dominos (C) 1:30 Yoga (F) 7:00 Square Dancing (C)		Food With Friends Daily, Monday thru Friday Noon in Activity Room C See our Menu on Page 12 in this issue!

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
5 9:30 Tai Chi (F) 10:00 Learn to Knit (Craft) 10:00 Computer Class (Lab) 10:00 Ladder Ball (C) 10:30 Singers (Craft) 1:00 Beginner Line Dancing (C) 6:00 Clowns (Craft)	6 9:00 Collaborative Council (B) 10:15 Hi/Aerobics (F) 10:00 Jam Session (Craft) 11:00 Lo/Aerobics (F)	7
12 9:30 Tai Chi (F) 10:00 Learn to Knit (Craft) 1:00 Beginner Line Dancing (C) 10:00 Ladder Ball (C) 6:30 Community Cancer Services Mtg. (Craft) 7:00 Mid Michigan Patriots (A) 7:00 Genealogy Mtg. (B)	13 10:00 Jam Session (Craft) 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 12:30 Ukulele (Craft)	14 1:00 to 4:00 Art Show & Sale (A and B)
19 9:30 Tai Chi (F) 10:00 Learn to Knit (Craft) 10:00 Computer Help (Lab) 10:00 Ladder Ball (C) 10:30 Singers (Craft) 1:00 Beginner Line Dancing (C) 1:00 Second Hand Book Club (Lib) 1:30 Art Class (Craft)	20 8:00 American Red Cross (B) 10:00 Jam Session (Craft) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 12:30 Ukulele (Craft) 12:45 Meijer Bingo (C) 6:00 Community Dance (C) \$5.00 DJ/Singer/Oldies 50 and 60's	21 8:00 American Red Cross (B) 10:00 Central Michigan Daylily Society (A)
26 9:30 Tai Chi Five Elements (F) 10:00 Learn to Knit (Craft) 10:00 Computer Help (Lab) 10:00 Ladder Ball (C) 1:00 Beginner Line Dancing (C) 6:00 It Works (A)	27 8:30 FGP/SCP in-service (A and B) 10:00 Jam Session (Craft) 10:15 Hi/Aerobics 11:00 Lo/Aerobics (F) 12:30 Ukulele (Craft) 12:45 Laurel's Bingo (C)	28
<p><i>The room location for each activity is listed on the calendar for easy reference. Codes for the various rooms are as follows:</i></p> <p>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</p>		<p>Wii Bowling Everyday Room C Before Lunch</p>

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

Music



MOUNTAIN TOWN SINGERS

Wednesday, September 25
FREE Performance
6:30 p.m. to 7:30 p.m.
Call 772-0748 to reserve your spot.
Refreshments !

Community Dance

Friday, September 20
6:00 - 9:00 p.m.
COA Activity Center
Oldies 50's/60's&Country Old/New
Donation: \$5.00

Banjos and Guitars

12:30 p.m.
Tuesdays, September 3 and 10

Play Your Dulcimer

Starts Monday, September 9

Senior Singers

Thursdays, September 5 & 19 at 10:30 a.m.

Ukulele Lessons

12:30 p.m. Fridays
Starts Friday, September 13

Holiday Craft Bazaar

Saturday, November 9
9:00 a.m. to 2:00 p.m.
Tables \$25.00
Call for reservation

Classes

Driver Safety Class

Sponsored by AARP
Friday, October 18
9:00 a.m. to 5:00 p.m.
Cost: AARP Members \$12.00
Non-Members \$14.00
Pay the day of class
Call for a reservation 989-772-0748
Ask about lunch here.

If you cannot make this class there will be on in Gratiot County on Thursday November 14.

Computer Help

If you have questions about how to use certain programs on your computer, help is available. On Thursday mornings at 10:00 a.m., Jan will be in our computer lab to help. If you have a lap top take it with you.

Learn to Knit

Thursdays, 10:00 a. m.

Readers Theatre Group

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

Square Dancing

There is square dancing again on Monday nights at 7:00 p.m. for all ages. Lessons are \$5.00. For more information call Patricia Depriest at 989-621-1383.

Line Dancing

Intermediate
Second and Fourth Thursdays at 2:00 p.m.
THIS IS A CHANGE!!

Every Thursday
1:00 p.m.- 3:00 p. m. Beginner

Jam Session

Fridays at 10:00 a.m.

Exercise Classes

Yoga Class

Mondays from 1:30 - 2:30 p.m.
Students can drop in for \$10.00 per class.
New 8 week class starts 9/16 to 11/4
Cost is \$60.00

Tai Chi Five Elements Class

Tuesdays and Thursdays, 9:30 to 10:30
September 3 thru 26
\$60.00 for all or \$10.00 a class
Certified Tai Chi for Arthritis Instructor
Intermediate practice 10:30 a.m. \$5.00
To register, call Judi 989-773-0786

Water Aerobics

Monday thru Friday
7:30 a.m. to 8:30 a.m.
Rose Pool at CMU

CLASSES AT THE COA

10:15 Hi/Aerobics
and
11:00 Lo/Aerobics
FITNESS ROOM

ALSO there is an Aerobic Program at Weidman Community Building Mondays & Thursdays, 4:30 p.m.

Games

Bingo at the COA

Friday, September 20 - 12:45 p.m.
Friday, September 27 - 12:45 p.m.

Deal or No Deal

September 11 at 11:15 before lunch.

Activity Center TRAVEL ACTIVITIES

ART SHOW AND SALE

Saturday, September 24

1:00 to 4:00

COA ACTIVITY CENTER

Art Classes

Intermediate to Advanced
Watercolor

September 18 - November 6
Wednesdays 10:00 a.m. to Noon
Cost: \$50.00

OR

Beginner Techniques in
Drawing, Watercolor
And Painting

September 19 - November 7
Thursdays 1:30 p.m. to 3:30 p.m.

Call 772-0748 to reserve your place. Class size is limited.

MOVIE

“42” The Story of Jackie Robinson
Tuesday, September 24
12:45 p.m. \$1.00

Call to reserve your spot by Monday, September 23. We need to know ahead of time how many chairs to set up and how much popcorn to make. **Movie starts promptly at 12:45 p.m.**

Fall Mushrooms of Isabella County

Wednesday, September 18 at 1:00 p.m.

Come enjoy a talk about fall mushrooms. Sister Marie Kopin of the Michigan Mushroom Club will be the presenter and lead the hunt. You can take mushrooms to class to see and ID. Let her know if you plan to be there by calling the Commission on Aging at 772-0748.

DAY AND EXTENDED TRIPS CALL 772-0748

Little River Casino

Wednesday, October 9 Cost: \$55.00

Come with us for a one day ride to Manistee, Michigan. There should be some beautiful fall Michigan color to see as the trees are changing. The motor coach will depart at 8:00 a.m. from pole B in the Meijer Store parking lot. You will have from 10:15 a.m. to 2:30 p.m. at the Casino. You will receive \$25.00 in gaming credits. **You must bring your drivers license and be over 21 to receive this package.** Call 772-0748 by September 27 for a reservation.

Turkeyville

“Nunsensations”

Wednesday, October 16

Cost: \$86.00

Come with us one last time to the Turkeyville Dinner Theatre to see The Little Sisters of Hoboken travel to Las Vegas and stage a fundraiser! Will they remain unscathed by their brush with this city, or will what happens in Vegas have to stay in Vegas? Motor coach departs pole B in the Meijer store parking lot at 9:30 a.m. Turkey dinner at noon, shopping and the play starting at 2:00 p.m. Should be back to Mt. Pleasant by 6:15 p.m. **Call 772-0748 to reserve your spot by September 13. WE NEED 10 MORE PEOPLE FOR THIS TRIP TO GO. CALL NOW!!!**

RESERVATIONS & PAYMENTS

Send payments to: COA Activity Center

Attn: Sally

2200 South Lincoln Road

Mt. Pleasant, MI 48858

www.isabellacounty.org/dept/coa

Click on COA Trips or

Call 772-0748 for information!

EXTENDED TRIPS



Fall Foliage Tour

Colonial Williamsburg
Greenbrier Resort and
Monticello

October 19-23

Branson

Clay Cooper, Dixie Stampede
Tribute to Neil Diamond,

Daniel O'Donnell

Presley Family

Branson Belle Showboat

Miracle of Christmas

Staying at the Lodge of the Ozarks

November 17-22

Chicago

Theatre and Shopping
Show “Million Dollar Quartet”

Palmer House Hotel

December 11-13

2014

Florida

Florida Keys & Fort Myers Beach

January 30 - February 13

Texas

March

FWF Eat Smart Menu

September 2013

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED Labor Day	3 Veal Parmesan Bread Peas Fruited Coleslaw Tropical Fruit	4 Baked Ham Bread Squash Green Beans Fruit Cocktail Gelatin	5 Meatballs Bread Redskin Potatoes Stewed Tomatoes Cantaloupe	6 Lemon Baked Chicken Bread Oven Roasted Potatoes Broccoli/Cauliflower Salad Cinnamon Applesauce
9 Salisbury Steak Bread Whipped Potatoes Brussels Sprouts Pears	10 Chicken Salad Bread Cucumber Salad Apple Slices Strawberries	11 Turkey Loaf Bread Corn Pea Salad Mixed Fruit Cup	12 Lasagna Garlic Toast Tossed Salad / Broccoli Michigan Fruit Cup Graham Goldfish	13 Turkey Stew Biscuit Coleslaw Watermelon
16 Macaroni & Cheese Bread Green Beans Tossed Salad Pineapple	17 Baked Chicken Bread Whipped Potatoes/Gravy Peas & Carrots Cherry Fruit Cup	18 Sloppy Joe Bun Malibu Vegetable Blend Bean Salad Peaches	19 Sliced Turkey Bread Sweet Potatoes Stewed Tomatoes Pears	20 Smothered Chicken Breast Bread Oven Roasted Potatoes Cauliflower/Cabbage Salad Pumpkin Custard
23 Corn Chowder Breadstick Hard Cooked Egg Tossed Salad Cinnamon Applesauce	24 Beef Stroganoff Bread Carrot & Raisin Salad Spinach Fresh Orange	25 Spanish Chicken Bread Baked Potato European Blend Pineapple Gelatin	26 Pork Chop Bread Potato Salad Carrots Oatmeal Apple Crisp	27 Meatloaf Bread Squash Coleslaw Peaches
30 Chop Suey Bread Brown Rice Green Beans Tropical Fruit				

For more information regarding the menu, contact the Isabella Commission on Aging office in Mt. Pleasant at (989) 772-0748
 Menus are Subject to Change Without Notice
 Reservations are Required 24 Hours in Advance
 Milk provided with all meals
 Suggested Donation \$2.50

COA Activity Center 2200 S. Lincoln Rd, Mt. Pleasant
 Penny Wisney, Site Mgr. 772-0748

Meals: Monday thru Friday Open 8a.m. - 4:30p.m.

As the scenery outside becomes more colorful, Food with Friends is following suit! Enjoy the growing array of activities and opportunities for fellowship we offer. We will discuss the difference between sweeteners on September 6, at 11:30 a.m. with Crosswords and Word Searches to follow. On September 9, at 11:15 a.m. there will be a presentation on how to safely store and dispose medications.

We welcome everyone to join us Monday thru Friday to play cards, games or just to enjoy our facilities anytime 8:00

a.m. to 4:30 p.m. We have Euchre starting on Wednesdays. We have several players that would like to start on Tuesdays, so stop in or give us a call if you are interested. We have several people looking for poker players to start any day. Maybe Skipbo, UNO or scrabble is more your forte? We have Wii bowling and golf Mon - Fri from 9:30 a.m. to 1:00 p.m.

We are having a class on Fall Mushrooms on September 18, from 1:00-3:00 p.m. presented by Sister Marie Kopin. See Page 5 for all of the details.

Some more of the activities planned

for this month are Banana Splits on September 17, after lunch. Movie day is scheduled for September 24, at 12:45 p.m. With the World Series upon us, experience the story of Jackie Robinson in the movie "42." Please reserve for these events by calling (989)772-0748.

Congratulations to everyone who participated in the Watermelon Seed Spitting Contest sponsored by Right at Home, Home Care and Assistance! Winners for first place are Donna Collins and Billy Siel! See you soon!

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

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

It's been a whirl-wind summer here at the Rosebush Food with Friends site, and I don't think fall will be any less exciting! We ended last month with a birthday party to celebrate all of our friends who were born in August. A very special Thank you to A & D Health Care for the delicious birthday cake and ice cream for the event!

This month on September 13, we are excited to have the Good Times Band back with toe-tappin' tunes we can all sing along to. And be sure to join us on September 16, for our first annual Pirate Party! It promises to be a jolly good time of treasure and tales! All activities are provided in cooperation with Rosebush Manor.

September Calendar

4	Penny Bingo-1:00
6	Chippewa Nature Center "One Room School"-12:45
9	Teddy Bear Day Bingo with Prizes-1:00
11	Penny Bingo-1:00
13	Fortune Cookie Day Good Times Band-1:00 Ice Cream Social-2:00
16	Pirate's Party-12:00 Treasure Hunt-1:00
18	Bingo with Prizes-1:00 Storytelling with Rebecca-2:00
20	Crossword/Word Search-1:00
23	Reader's Theatre-1:00
25	Penny Bingo-1:00
27	Native American Day & Birthday Party -12:30
30	Rosebush Crop walk Presentation-1:00

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

We want to remind everyone that here in Shepherd, Bingo is our game! Join us on the 2nd & 4th Friday of the month and get in on a chance to win prizes! This month we want to thank Masonic Pathways for sponsoring some of our festivities.

Call **989-828-5106** today to reserve your spot for a great meal and fun activities in the company of great friends! See you soon!

September 2013

2	Closed – Labor Day
4	Euchre & Wheel of Fortune
6	Jeopardy
9	Dominoes
11	Euchre/ Paper Charades
13	!!!Bingo!!!
16	Uno
18	Euchre/ Cards of Choice
20	Autumn Craft
23	Word Scramble
25	Euchre, Left/ Right/ Center Dice Game
27	!!!Bingo!!!
30	National Potato Month Celebration – Bring a potato recipe to swap! Nutrition Ed: "What is the difference between sweeteners?"

Winn Community Building

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

Whoever said nothing ever changes in Winn? Not me! We're kicking it up this fall with hosting bands on Fridays too! We've been having such a great time with music on Mondays and Wednesdays. Why not extend the fun to Fridays?

September marks my 2nd year here at the Winn food site and I've loved every minute of it! We've welcomed lots of great new friends, but there's always room for more! Get on out here! We will celebrate our September birthdays on Sept. 9. Call in to reserve your spot today! See you here!

September Calendar

4	Bud & Juanita Carter
6	Leon Seiter & Maxine Vadar
9	Birthday Party w/ Boys from Andsen
11	Les Jenkins, Pat Kane, Rocky King, John Capon, Roger Walker, and Vern Filhail
13	Rocky King & Friends
16	Jerry Waldorf
18	Andy Stanley & Leon Seiter
20	Pam Ewalt & Jim Champaine
23	The Louisell's & The Hedrick's
25	Steve & Lois Johnson
27	Benny & Nancy Lopez

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

We had a great time in August celebrating Elvis week and relishing in the laid back feel of Hawaii during our Luau. Thank You to Prestige Place for helping us with our Luau! Join us in September as we shake things up some more. We offer Wii Bowling, jigsaw puzzle and various other games of your choice every day. Every Wednesday we enjoy old time county/bluegrass music with the River Ramblers. Look below for special activities. We look forward to seeing you soon!

September Calendar

2	Closed for Labor Day
3	Back to School – Are you smarter than a fifth grader?
5	Meatballs & Football Day – Show your team colors and kick off the season right!
9	"Number nine, Number nine, Number nine..." Beatle fan or not, today is all things nine!
12	Visit from Wendy of Clare Tendercare with info on Vitamin E. Garfield the cat day! Celebrate his love of lasagna with us!
13	Various word puzzles
17	Nutrition Education – Learn the difference in sweeteners
18	National Cheeseburger Day Celebration – enjoy this iconic American food with us!
19	Make n' Take Carmel Apples
23	Autumn Celebration
25	Birthday Party for Duane McIntyre & Marie Smith
26	Good Neighbor Day – We welcome you to bring in non-perishable food for local charities.
30	The Old Maid Goes Fishing – Card Game. Come learn this new game with us or enjoy a different card game of your choice.

IN MEMORY OF

Catherine Trussell
Maureen Wardrop

Carole Kahkonen
Linda Robinson

Auburna "Burnie" Bonnell
Betty Hammond
Margaret Arnold
Juanita Blystone

Betty Wilson Loomis
Donald & Jo Riley

Hildegard Mengot
Erna Marquardt

Ginger Claybaugh
Shirley Martin Decker
Pat & Marty Siuda
Terry & Beverly Childs
Judi Bohlmann
Donna Prout
Delbert & Joyce Heistand
Jeff & Julia Schmalbach
Neva Cole
Catherine Garrett
Campus Salon
Patricia McBride
Jennie Cooper
Bill & Marilyn Zeien
Lorna Gates
Dennis & Cheryl Vallance
Earl & Elaine Currie
Larry & Sandra Block & Family
Rodger & April Hicks
Anonymous
Evelyn Cowden
Jerry & Gwen Schlorff
Donald & Sabina Miller
D.J. & S.L. Inman
Robert & Linda Ervin
Bonnie VanHorn
Dale & Joyce Pridgeon
Earl & Anne Borseth
Gary & Mary Mogg
Bill & Louise McCracken
Judy Eldred
Vickie Hall
Ed Langlois

Ginger Claybaugh
Joe & Krista Claybaugh
Mary Jean Rodenbo
Jack & Midge Prout & Family
Earl & Mary Koch
Jarvis & Donna Kapplinger
Richard & Barbara Vozau
Steve & Deanne Stouten
Ralph & Bea Claybaugh
Zion Lutheran Church
Reg & Becky Martin

Vivian Vanas
Joe Vanas
Ron & Darla Ripple

Donald Hauck
Betty Hauck & Family

Michael Percha
Betty Hauck & Family

Katherine McClain
Anonymous
Weidman Lions Club

Activity Center
In Memory of

Bruce Johnston
Morval & Theda LaLone

Food with Friends
In Memory of

Alberta Swetz
Anonymous

Murray Mogg
Dolores Cluley-Lockwood

Ginger Claybaugh
Marge Clare & Family
Bob & Carolyn Shaner
Dolores Cluley-Lockwood

Gold Key
In Memory of

Ruby McConkie
Anonymous

Marge Baker
Anonymous

Active Living
In Memory of

Auburna "Burnie" Bonnell
Marilyn Zorn

Ginger Claybaugh
Dianna English



In Loving Memory of
Bob Edmonds

Who Passed Away 8/13/97
Peggie Edmonds

Foster Grandparents
In Memory of

Ginger Claybaugh
Yvonne Osborn

Donations to COMMISSION ON AGING

Volunteer Transportation

Boston Scientific/Employee
Giving
Mary Pickelman

Activity Center

Richard & Jean Thomas
Arnold Newman

In Home Services

Edith Clare
Bruce & Yvonne Fitzgerald

Food with Friends
Home Delivered Meals

Brenda Hoyle
Nanette Ward
First United Methodist Church/
Mt Pleasant

All Donations listed in this issue
of Active Living were received
by August 15, 2013.

Donations to ACTIVE LIVING

Larry & Sally Johnson	Donna Collins	Thomas Pappas
Theo Smalley	Marvin & Beverly Cole	Don & Joyce Arndt
Doris Dale		Edith Hammink
William Edmondson	Janet Earl	Larry & Jeanette Rescoe
Clarice Fitzgerald	Ruth Wentworth	Juanita Blystone
James Richmond	Marilyn Bell	Helen Kettelson
William & Beverly Pung	Dorothy Tilmann	Erma Cameron
Robert & Bonny Lyon	Edward & Harriet McDonald	Sylvia Wagner
Ausma Shattuck	John & Jean Krantz	Mr. & Mrs. Jim Olah
Francis & Mary Ann Engler	Jerry & Joan Doan	Stan & Ann Klumpp
Virginia Showalter	Ann Neyer	Jenny McClure
Gladys Walker	Dorothy Cunningham	Bill & Fran Weaver
	John Frisch	

Computer Training Classes

At Veterans Memorial Library
301 S. University, Mt. Pleasant

Learn the ins-and-outs and how-to's of Windows 8. This Class will be more of a presentation rather than hands on. You are welcome to bring along your own Windows 8 laptop if you have one.

September Schedule

12 11:00-12:30 p.m.
18 6:00-7:30 p.m.

Do you know a young person who feels helpless, or hopeless? Do they need someone to talk to or want to know where to find assistance? Listening Ear crisis center is where help begins! Their professional staff can listen, connect and support them with a variety of community resources. Most important, they value the caller, and the callers' strengths. Listening Ear is "always there." Their services are free and available 24 hours a day, every day. Listening ear's youth programs, provide prevention, counseling, emergency housing and crisis services for qualified youth through 21 years of age. If you know someone who is homeless, Listening Ear can offer housing while they finish school, gain work experience, and learn to become self-sufficient. Call **989-772-2918**.

Sept. Weidman Activities

Weidman Community Center (WCC) Bridge St.
Mondays and Thursdays--WCC

Low Impact And Resistance Band Exercise--
4:30-5:15 P.M.

Tuesdays--WCC

Beginner Line Dancing --9:00-11:00 A.M.
Donation, Come Early For Instruction
Call Marilyn 644-5915

Wednesday--WCC

Bingo 6:30 P.M.--Doors Open At 5:30 P.M.
Call Karen For Info 644-2266

Thursday--WCC

Euchre--Play Promptly Begins At 6:00 P.M.--Call
Karen for Info 644-2266

Events at Weidman Eagles--VFW Drive Behind
Fire station--Wednesday--Eagles

Beginner Line Dancing-- 6:00-8:00 P.M.
Donation-- Call Marilyn 644-5915 For Info

Thursdays--Eagles 4:00-8:00 P.M.--Make Your
Own At The Full Taco Bar.

Sept. 13-Friday--AYCE Chicken & Fish Dinner

Sept. 27 -Friday--Boiled Dinner at The Eagles

Sept. 28 - Saturday--Jamboree at Eagles

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	Sarvjit Chowdhary
At-Large	Therese Mosier
At-Large	Claudia Douglass

Friends of Isabella Seniors Board of Directors

President	Ray Johnson
Vice President	Kory Priest
Secretary	Brenda Upton
Treasurer	Ginny Cain
Member	Lawrence Foote
Member	Paula Johnson
Member	Louise Plachta
Member	Ralph Pitts
Member	Joanne Lovejoy
Member	Cheryl Jindeel
Member	Jeanne Pfeiffer

Temporarily Away

Active LIVING is not "forwarded." If newspapers are returned, we remove the individual from our mailing list. **To get back on the mailing list, you must contact our office with your current address.** If you are planning a winter vacation or will be away or are moving, call **772-0748** or use the form on page 16.

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.

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Please check: New Subscriber Renewal Contribution: \$ _____

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 City _____ Zip _____
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Full Name _____
 Number & Street _____ Apt. No. _____
 City _____ Zip _____
 Phone _____

Send to: Friends of Isabella Seniors (COA)
 2200 S. Lincoln Rd.
 Mt. Pleasant, MI 48858

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 - Save the Dates!

Art Show & Sale

Saturday, September 14

1:00 to 4:00 p.m.

COA Activity Center

Breakfast at COA

Join us for the COA monthly Breakfast on the second Tuesday of each month (Sept. 10) from 8 to 9 a.m. featuring a Breakfast Casserole! See Page 5.

SEPTEMBER 2013 ACTIVE LIVING

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Non-Profit Org.
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 Mt. Pleasant, MI
 48858

Friends of Isabella Seniors
 2200 South Lincoln Road, Mount Pleasant, MI 48858

