

Active LIVING

Volume 114 Issue 3
March 2014

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

GREETINGS!

The Commission On Aging is continually looking for new, exciting classes, programs and travel opportunities to offer to residents of Isabella County and we would like your help! We would like to know what programs you would like us to offer. Your input is appreciated and we are always open to suggestions. When complete, please clip out and drop off or mail to Commission On Aging, 2200 S. Lincoln Rd., Mt. Pleasant, 48858 **THANK YOU!**



1. I would participate in the following **CLASSES**:

Optional Name: _____

Phone: _____ E-mail: _____

Fitness

- | | | | |
|---|--|---|--|
| <input type="checkbox"/> Aerobics/Step Aerobics | <input type="checkbox"/> Bowling League | <input type="checkbox"/> Pilates | <input type="checkbox"/> Walking Group |
| <input type="checkbox"/> Aqua Zumba | <input type="checkbox"/> Circuit/Interval Training | <input type="checkbox"/> Strength Training/Toning | <input type="checkbox"/> Yoga |
| <input type="checkbox"/> Bootcamp | <input type="checkbox"/> Golf League | <input type="checkbox"/> Tai Chi | <input type="checkbox"/> Zumba Gold |

Others (please list): _____

Classes

- | | | | |
|---|--|---|--|
| <input type="checkbox"/> Acrylic Painting | <input type="checkbox"/> Basket Weaving | <input type="checkbox"/> Couponing | <input type="checkbox"/> Pinterest Classes |
| <input type="checkbox"/> Basics of Blogging | <input type="checkbox"/> Composting | <input type="checkbox"/> Fly Fish Tying | <input type="checkbox"/> Scrapbooking |
| <input type="checkbox"/> Basics of E-Bay | <input type="checkbox"/> Cooking Classes | <input type="checkbox"/> Gardening | <input type="checkbox"/> Woodcarving |

Others (please list): _____

2. I would most likely participate in classes: During the day Early evening Other (please list): _____

3. I would participate in the following **ACTIVITIES**:

- Euchre Party Pool Tournament/Learn Play Wii Bowling Tournament Other: _____

4. Would you be willing to pay a fee to participate in **CLASSES/ACTIVITIES**? Yes No

5. I would participate in the following **TRAVEL** opportunities: *All trips include deluxe round trip motor coach transportation.*

- | | | | |
|---|---|---|--|
| <input type="checkbox"/> Ann Arbor Art Fair | <input type="checkbox"/> Detroit Red Wings | <input type="checkbox"/> Holland Tulip Festival | <input type="checkbox"/> Murder Mystery Dinner Train |
| <input type="checkbox"/> Brewery Visit | <input type="checkbox"/> Dinner Sail in Bay City | <input type="checkbox"/> Jackson State Prison Tour | <input type="checkbox"/> Skiing/Dog Sledding |
| <input type="checkbox"/> Casinos | <input type="checkbox"/> Eastern Market Flower Day | <input type="checkbox"/> Mackinac Bridge Walk | <input type="checkbox"/> Wine Tasting |
| <input type="checkbox"/> Cornwell's Turkeyville | <input type="checkbox"/> Genitti's Hole-in-the-Wall | <input type="checkbox"/> Mackinac Island Lilac Festival | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Detroit Tigers | <input type="checkbox"/> Golfing | <input type="checkbox"/> Military & Space Museum | <input type="checkbox"/> Other _____ |

6. Additional comments: _____

Director's Comments

In 1995 the COA developed and provided a new project we called our Have A Heart Baskets. That first year we distributed 75 baskets of shelf stable food and paper products. The cost of each basket was approximately \$25.00. A lot of the food was donated by Kroger and Gordon Food Services, which kept the cost for each basket low. The funding to cover the Have A Heart Baskets came entirely from individual community donations. Then, as it is now, the COA did not and does not use any grant dollars, Millage dollars or Tribal dollars to fund this project. All the funds were donated by individuals and organization from all over Isabella County.



Since that time we have increased the number of participants to 150 individuals. As we always have, we make sure the recipients are within the appropriate income levels and of course they all live in Isabella County. The COA staff will still assist in the delivery of the gift boxes, but the majority of them are now delivered by volunteers. The CMU Women's Softball team is one of those organizations that have helped every year since 1996. We even have other student organizations from CMU and from our local public schools make Valentine's Day cards that are included in the projects. Both are great examples of why this project has always been so successful.

This year the COA Have A Heart Project has taken place with the deliveries being made the week of Valentine's Day. And as always it is a success because of the support we receive from individuals and organizations though out Isabella County. You can see a listing of all those donors and contributors on the next page. The cost of the project this year totaled \$7,877.62. Each gift box now costs \$51.58, more than double the cost of our original Have A Heart Basket. They still include six shelf-stable meals, but instead of including additional paper products we now include a \$35.00 Meijer gift card for each recipient. We felt that by providing a gift card the recipient could use the gift card toward gas or even prescription drugs. This year Meijer Corporation donated all the Meijer gift cards for our project. One-hundred and fifty gift cards at \$35.00 each, a total donation of \$5,250.00.

The Have A Heart project is not just from the COA, but from the Isabella County community. Its success is because of the support from all those who donated, not just their money, but their time as well. We thank all of you for your support; your thoughtfulness and kindness are deeply appreciated by all Have A Heart Project recipients and everyone here at the Commission on Aging.

Thank you

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

Mission Moments

When first asked to write this month's Mission Moment, I'm sure I had that "deer in the headlights" look. For those of you that receive and read our Active Living newspaper each month, the five Program Coordinators at the Commission On Aging take turns writing Mission Moments. I went through some archived Active Living newspapers and thought to myself several times, "What am I going to write about?" I racked my brain to think about the significance of my Mission Moment and how it tied into the month of March. I'm always thankful for Google because I googled "the significance of March" and came up with all sorts of facts about March. Probably the most significant to me was that symbolically March is known for new life, new beginnings, spring, resurrection and that March's birthstones, the aquamarine and bloodstone symbolize courage and bravery.

As I was sitting at my computer, I had that "aha" moment . . . that moment when I realized that I actually have a lot in common with the month of March, especially this year. I recently moved back to Mt. Pleasant after being away for many years, which brings a new life for me, I started my new position at the COA as the Activity Program Coordinator which brings a new beginning for me, and I need to have the bravery and courage to meet new people and coordinate new programs for you. With that being said, I invite those of you that haven't had the opportunity to visit the Commission On Aging to be brave and courageous and stop by to see all the wonderful opportunities we have waiting for you! We always welcome new faces! Who knows, it may be a new beginning for you just as it is for me!

By Marcy Hosking, Activity Center Program Coordinator

Caregiver Support

Our Caregivers Support Meeting will be March 18, 2014, 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. 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 implement. Educational handouts always available. If you have questions about this group feel free to call the COA at 989 772-0748.

Thank You for Having a Heart!

Everyone at COA thanks the following individuals and organizations for their generous donations:

Anonymous	Barbara Ingram	Randall & LaVonna Roose	Isabella County Register of Deeds Employees
Walter & Margaret Ballauer	Rosetta Jensen	Wilma Sanders	(NAIFA) National Assn. of Insurance and Financial Adjusters of Central MI
Joann Bellinger	Don & Paula Johnson	Donald & Suzanne Schafer	Meijer
Al & Gail Bowerman	Ray & Janet Johnson	Thomas J. Schmitz	MMI Participants
Nancy Brasington	David & Susan Karmon	Jerry & Dorothy Sheahan	Prestige Centre
Roy & Alice Burlington	David & Karen Kerr	Pat & Marty Siuda	Rowley Funeral Home
Sherry Bick	Joan & Leroy Klopac	Linda Smith	Sacred Heart Religious Education & Sacred Heart Academy
Hilda Calkins	Stan & Ann Klumpp	Ruth Ann Sowle	Shepherd Elementary First Graders
Marian Carpenter	Sue Ann Kopmeyer	Alice Spayd	St Henry and St Charles Altar Society
Dorothy Connors	Alice Garon LaBonte	Marion Strouse	Tendercare - Mt. Pleasant
Tim & Miriam Connors	Morval & Theda LaLone	Pansy Thaller	The Builders Club
Hal & Beverly Crawley	Dolores Lawrence	Larry & Judy Thomas	
Dorothy Cunningham	Jane Leahy	Priscilla Thompson	
Leota Curtiss	Floyd & Bonnie Love	Joe & Judy Travis	
Robert & Rosemary Curtiss	Betty Lulinski	Joan Trinklein	
Joan & Jerry Doan	Ron & Carolyn Lutz	Mona Lou & Carl Walter	
Charles & Sharron Dodge	Ron & Deborah Marmarelli	J.P. & S.E. Warriner	
Claudia Douglass	Jo Ann Maxim	Dale & Mary Wawersik	
Leon & Joyce Dull	Maris McCCasey	Eunice Way	
Joan Durham	Bob & Marianne McJames	Jeanette Wedding	
Nancy Durham	Betty Miller	Gary & Joan Whitmore	
Lynn & Christine Fauver	Norbert & Susan Miller	Joyce Williams	
Shirley French	Mary Lois & Francis Molson	Richard & Sharlene Wilson	
Mary Freytag	Bernyce Moran	James & Carol Wojcik	
John Frisch	Dianne Morey	George Ann Wolf	
Priscilla Garver	Richard & Diana Moreau	Michael & Molly York	
Joann Girvin	Mt. Pl. Arbor of Gleanors		
Irene Graham	Dixie Neier	Aim High 4-H Club	
Chloe Hampton	Arnold Newman	Bandit Industries	
Regina Hasler	Ken & Margaret Nichols Melvin	Calla Rebekah Lodge #205	
Ed & Ruth Helwig	Onuskanich	CMU Circle K Club	
Harry & Virginia Herman	Marilyn Palmer	CMU Softball Team	
Margaret Hicks	Louise Plachta	CMU Students	
Lee Hobson	Joyce & Dale Pridgeon	CMU Student Athletes	
Christine Hoffman	Sara Prout	CMU Volunteer Center and MLK Day Participants	
Catherine Hollenbeck	Jeanne Reese	Crestwood Village	
Neil & Linda Hopp	Herbert Rice	Friends of Isabella Seniors	
Darlene Howard	Vicki Robinson	Gold Key Volunteers	



Have a Heart In Memory of

James Bauer

Nancy Bauer

Fred Grewe

Gordon & Sue Tengen
Family of Fred Grewe

Dale House

Nina House

William Judd

Jerry & Ruth Fancovic

Mary Pifer

Pat & Carol Pifer

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

March at COA Activity Center

Take Me Out to the Ballpark . . . or at least in front of the BIG Screen!



Monday, March 31 is OPENING DAY! Join us in front of the big screen and root for the Detroit Tigers as they take on the Kansas City Royals. Our day will begin at 11:15 a.m. with Tigers Trivia, followed by lunch at noon and then the televised game starting at 1:08 pm. Lunch includes macaroni and cheese or hot dog, broccoli citrus salad, green beans and pineapple. Lunch costs \$5 for those under the age of 60 and a suggested donation of \$2.50 for those over 60. There will be snacks, beverages, goodies and lots of FUN! Also a prize for the best dressed Tigers fan! Reservations are required. Call the Commission on Aging at (989) 772-0748 by noon Friday, March 28 to make your reservation and indicate if you are joining us for lunch, just the party or both! Let's Get Ready to ROAR!

“Spring in Michigan” Quilt Show

Mid Michigan Quilter's Guild is having a “Spring in Michigan” quilt show, March 22 from 9 a.m. to 4 p.m. and March 23 from 10 a.m. to 3 p.m. at the Commission On Aging, 2200 South Lincoln Road. The show will feature Mike Klicek and his 84 mini quilts. Krista Prout's authentic Civil War quilts will also be on display. Over 75 quilts made by Guild members will be on display. Admission is \$1. The Guild is also raffling off a queen size quilt, tickets are \$1 each and available at the show. The facility is handicapped accessible and all are welcome.



Mushrooms of America

Come join us on **Wednesday, March 19 at 1:00 p.m. in Room B at COA** for “*Mushrooms of America*,” a presentation from our master photographer of mushrooms, Taylor Lockwood. He has put together an artful program about some of the most beautiful mushrooms of America. We will join him as he forays from Florida to Nova Scotia, Maine to Seattle, California to Mexico, then all the way to Puerto Rico and points in between. This DVD is as educational as it is fun! This presentation will have you up and dancing to “Mushroom Fever!” A discussion will follow led by Sister Marie Kopin. This program is given in conjunction with the Michigan Mushroom Hunters Club. Please contact COA at (989) 772-0748 to register.

Woodland Hospice to offer Dessert and Learn Program

Monday, March 10 at 12:45 p.m.
Commission On Aging, Room A

All of us experience loss in our lives, and loss due to the death of a loved one is especially difficult. Woodland Hospice will be offering an alternative to traditional grief support groups. Enlisting the help of the classic and humorous TV Sit com “The Golden Girls,” you are invited to explore your thoughts and feelings in an uplifting way. Dessert will be provided.

Colorectal Cancer: Are You at Risk?

Tuesday, March 11 from 6 to 7 p.m.
Commission On Aging, Room A

March is colorectal cancer awareness month. If you are 50 or older and have a family history of colorectal cancer, join Gastroenterologist Vandana Vedula, MD and General Surgeon James Pilkington, MD, FACS for a free discussion on colon health, the importance of early detection and treatment options. Each attendee receives a free colorectal cancer screening kit to complete in the privacy of their home. Call (989) 772-6756 to register. Space is limited.

Drug Abuse Symposium -

“Know the Truth”

Wednesday, March 26 - 5:30 - 9 p.m.
Commission on Aging, Rooms A & B

Join experts knowledgeable in the abuse of prescription drugs, the misuse of otherwise “legal” substances and narcotics and learn the signs of users and resources for anyone suffering with these addictions. Individuals questioning their addiction, or their family members and friends are encouraged to attend this free event organized by the Isabella Substance Abuse Coalition and sponsored by MCM. Please RSVP to kschiavi@cmdhd.org.

This page is sponsored by: **Crestwood Village Assisted Living**

March at COA Activity Center

Movie for March -

“Saving Mr. Banks”

The movie for this month “Saving Mr. Banks” will be shown on Tuesday, March 25, at 12:45 p.m. It’s a 2013 historical comedy-drama film directed by John Lee Hancock. The film stars Emma Thompson and Tom Hanks with a show time of 125 minutes. The film is about the extraordinary untold back story of how Disney’s classic “Mary Poppins” made it to the screen. When Walt Disney’s daughters were young, they loved a book about a magical nanny named Mary Poppins. Disney promised them that he would someday make a movie about Mary Poppins. The film was 20 years in the making as Disney sought to acquire the film rights. Let us know if you will have lunch before the movie. The cost for Movie/ Popcorn is \$1.00. Please reserve your spot at (989)772-0748, ask for Penny.

Wild Rice:

Manoomin in Michigan

Monday, March 24 at 1:00 p.m.

Commission On Aging, Room A

Did you know that Wild Rice has grown in our area of Michigan? Join us as Sister Marie Kopin shares a DVD about the history of its presence and use by our Saginaw Chippewa Nation and other Tribes. It has been a family tradition here for many, many years to work together to harvest and prepare Manoomin for storage and use. The Tribe has a goal to protect our native Wild Rice. Of course, this is related to use of good and non-toxic environmental practices. Technically, Manoomin is not a “rice;” rather, it is a form of grass and is considered more of a grain. Many nutritionists favor this rather than ‘rice’ from the East and say it has many nutritional properties. Come and learn more about it. Recently, the January Michigan Stewardship conference in Lansing has featured this as a main topic. Please contact COA at (989) 772-0748 to register.

Mt. Pleasant Area Historical Society

On Tuesday, March 4, the Mount Pleasant Area Historical Society meeting will feature Clarke Historical Library Director Frank Boles’ presentation on a vintage newspaper scanning project. The ongoing project of preservation of vintage newspapers by scanning them for electronic and Internet access will be discussed by Frank Boles at 7:00 p.m. Following the speaker, the MPAHS business meeting will take place in Room A of the Isabella County Commission on Aging Building, 2200 S. Lincoln Road, Mt. Pleasant. The public is invited and encouraged to attend the program and (if desired) the business meeting. At their February 4, 2014, MPAHS members elected the following slate of offices for 2014: Jack R. Westbrook – President; Valerie Wolters – Vice President; Bob Banta- Treasurer; and Tom Hall – Secretary.

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 **March 11**. The cost is \$5.00. The menu includes the following:

Pancakes Eggs Sausage Fresh Fruit Juice / Coffee / Water

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!

Mt. Pleasant Garden Club Thinks Spring!

The Mt. Pleasant Garden Club will meet on Monday, March 17 at 1 p.m. in Room A at the Commission on Aging. Following a business meeting, we will have a program presented by Cathy Murray, an avid wildflower enthusiast and amateur photographer. She will present a slide program about wild flowers of our area and share anecdotes about plant names. Guests are encouraged to enjoy the program with us.

Genealogical Society of Isabella County

“My ancestors must be in the witness protection program!”

The Genealogical Society meets the second Thursday of each month at the Commission on Aging Activity Center, 2200 S. Lincoln Rd., Mt. Pleasant at 7 p.m.

~ Upcoming Programs ~

March: Program: Mt. Pleasant Indian Boarding School

April: Program: TBA

Each month an informal gathering of individuals interested in genealogy meet for lunch at the Veteran’s Memorial Library Annex room in Mt. Pleasant on the third Tuesday of the month at 11:30 a.m. Bring your own lunch. Plan to dine & discuss family history or get help with any brick walls.

Open to the public. --- Hope you can join us.

More information may be obtained from our website: <http://isabellagenealogy.org>

Free Garden Training on Saturday, March 8 in Harrison

By Sarah Kile, CMCHD

Take control of your nutrition! Learn how to garden at home and manage a community garden at a free event on Saturday, March 8 in Harrison. Growing your own vegetable garden can do more than provide the best tasting produce—gardening can improve your health and save you money. Growing a garden as a group can offer a wonderful way to build a sense of community closeness.

Advanced Master Gardener, Melissa Kesterson will lead a free workshop on Saturday, March 8 at Larson Elementary in Harrison. The training will take place from 9:00 a.m. to noon. Come join other community members to gain leadership skills, network, share ideas and plan for that successful community gardening project your group has been dreaming of. Using a to-do list and hands on exercises, this workshop will prepare you to create and successfully manage any type of community garden.

Bring a bag lunch and stay a little longer for Vegetable Gardening 101 from 12:30 to 2:00 p.m. This will be a

“real persons” guide to vegetable gardening. In this session, you will learn the basics of garden site selection, growing care, troubleshooting and helpful ideas to make vegetable gardening a fun and satisfying experience.

Both sessions are free. To register for either session, please contact Sarah Kile at skile@cmdhd.org or by calling (989)426-9431 extension 8330.

This article was made possible with funding from the Centers for Disease Control and Prevention for CMDHD’s Together We Can Transform Communities Initiative. 100% of the \$1,643,798 Together We Can Transform Communities Initiative fund is financed with Federal funds.

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. Visit our website at www.cmdhd.org and LIKE Central Michigan District Health Department on Facebook.

Create Memories with Family and Friends!



~ Baby Shower ~ Wedding Reception~
~ Graduation Open House ~
~ Family Reunion ~ Birthday Party~

Coldwater Lake Family Park
Deerfield Nature Park
Herrick Recreation Area



989.772.0911 x340

www.isabellacounty.org/dept/parks

(SERA) State Employee Retirement Assn.

Laura Strait and the Readers Theatre Group will present the program for March 18 at 1:30 p.m. at the Commission on Aging, Room A, 2200 S. Lincoln Road. Following the presentation, we will have our usual business meeting, 50/50 drawing and door prize. Please try to come as this is a relaxed program, not business or politics. Any questions please contact Jackie Curtis at 989-772-0597 or jac62irish@yahoo.com.

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 no longer prepares wills, advance directives or power of attorney forms.

Computer Training Classes

At Veterans Memorial Library
201 S. University Ave., Mt. Pleasant

March Calendar	Free Classes
3 11:00 a.m.	Windows 8
6 12:00 p.m.	I-Pad Users Group
6 2:00 p.m.	Basic Computing
14 2:00 p.m.	Course on Kindles
17 10:00 a.m.	Basic Word
25 10:00 a.m.	Computer Safety & Maintenance
27 1:00 p.m.	Basic Internet

Individual help is also available between classes. To register call 773-3242 ext 23.

iPad Class at COA see Page 10
Tuesday, March 18 at 2 p.m.

Friendly Visitors Needed

Friendly Visiting is a program where volunteers of all ages are matched with homebound older adults who just need a friend to visit and interact with to help brighten their day. Our Friendly Visiting Program is for you if you have –

- time to give (we ask a minimum of an hour a week or every two weeks)
- have a desire to make a difference in an older adult’s life
- have a desire to give back to your community.

We are looking for persons who have a friendly disposition and are reliable and trustworthy. Don’t hesitate to call Michelle Howes at (989) 772-0748 to help ease the loneliness in someone’s life. Thank you.

Free Tax Preparation Available

The Isabella County Commission on Aging is working again with the AARP Tax-Aide program to assist area citizens by providing free income tax preparation with free e-filing available. This service is provided to low and middle income taxpayers, with special attention to those 60 and older. Appointments for all sites except Winchester Towers, Dover Court, and Riverview must be made by calling the Commission on Aging. Winchester, Dover Court, and Riverview should call their building office.

The volunteers at these tax clinics will be handling Federal and Michigan tax returns that are within the scope of their training, as well as Homestead Property Tax and Home Heating credits. Volunteers are required to pass an IRS test before they can prepare returns. People who are self employed, have rental property, large numbers of stock transactions or have sold property (other than their main home) should consult a paid professional tax preparer.

The following are the dates, places and times for the free tax preparation **by appointment only**.

CALL FOR APPOINTMENT: 989-772-0748

COMMISSION ON AGING -
MT PLEASANT ACTIVITY CENTER
Every Thursday through April 3, 10:30 to 4:00 &
Tuesday, April 1 & Wednesday, April 9

BLANCHARD LIBRARY/ROLLAND TOWNSHIP
HALL
Wednesday, March 19, 10:45 to 2:00

WEIDMAN SENIOR CENTER
Tuesdays, March 11 and 25, 1:15 to 4:30

WINN COMMUNITY BUILDING
Wednesday, March 5, 12:45 to 3:30

SHEPHERD COMMUNITY LIBRARY
257 WEST WRIGHT AVENUE
Wednesday, March 12, 12:45 to 4:00

RESIDENTS OF WINCHESTER TOWERS, RIVERVIEW
AND
DOVER COURT— (LIMITED TO RESIDENTS)

CALL YOUR BUILDING OFFICE FOR DATES, TIMES
AND RESERVATIONS

Ask a COA Specialist

Question: I'm having knee replacement soon and my surgeon has informed me that I will need to obtain several pieces of medical equipment for my use once I return home. I know that my insurance will cover some of the items, but not all.

Answer: The Commission on Aging has a medical equipment lending locker with items available to county residents. Items include walkers, canes, shower chairs, and wheelchairs to name a few. Equipment is donated to our agency and passed along to those in need. Larger medical equipment such as hospital beds and mechanical lifts are not available due to space limitations. There are no time limits nor fees for the equipment. If you have an item to donate or have a need you can contact the COA and speak with our receptionist who will assist you.

You Can Ask a COA Specialist

Please mail your questions to:

Ask a COA Specialist

**Isabella County Commission on Aging , 2200 S. Lincoln Rd.,
Mt Pleasant, MI 48858**

Or call (989)772-0748 ext. 236 Or Fax (989)773-0514

Activity Center Accepting Donations

Spring is around the corner! If you or a friend are spring cleaning and have no further use for board games, Shuffle board paddles and punks, or craft supplies the COA Activity Center is accepting donations at this time. Contact Penny at 772-0748.

Caregiver Spring Training

The caregiver Spring Training and Information Sessions at the Commission on Aging will be hosting team members from Central Michigan University Health Care, Geriatric Assessment Program; Dr. Shivani Bhutani, M.D., Geriatrician, Mary Keane, Geriatric Nurse Practitioner, RN, MSN, GNP-BC, CDP, and Lori Hanover, Social Worker, BSW, CDP. They will be discussing when a geriatric evaluation is needed, and methods to detect, diagnose and treat dementia. There will be a question and answer period. We will also be focusing on the caregiver, and there will be hand waxing and hand massages provided. The training will be held April 9 from 1:00-4:00 p.m. in Room B at the Commission on Aging, 2200 South Lincoln Rd. Mt. Pleasant. This session is open to all caregivers, social workers, nurses, doctors and other professionals in the aging field. Handouts and information will be provided. This program is affiliated with the Central Michigan University College of Medicine.

Refreshments will be provided. Reservations are not required but recommended. For more information or to make a reservation call COA, Ann Kowaleski 989-772-0748.

This page is sponsored by: **Tendercare an Extendicare Facility**

Monday	Tuesday	Wednesday
<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 = Conference Room B139 C = Activity Room C Lab = Computer Lab Craft = Arts & Crafts Room BR = Board Room B126</p>		<p>Food With Friends Monday thru Friday Noon in Activity Room C See our Menu on Page 12</p>
<p>3. 10:00 Dulcimers (Craft) 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 12:00 Community Service Council (A) 1:00 Pinochle & Dominos (C) 1:30 Gentle Yoga \$◆ (F)</p>	<p>4. 9:30 Body Wisdom Tai Chi \$◆ (F) 10:00 Country Music (B) 12:30 Banjos & Guitars (B) 5:15 COA Advisory Council (BR1) 7:00 Mt. Pleasant Area Historical Society (A) 7:00 Evening Bloomers Garden Club (B)</p>	<p>5. 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft)</p>
<p>10. 10:00 Dulcimers (Craft) 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 12:45 Dessert & Learn w/Woodland Hospice (A) 1:00 Pinochle & Dominos (C) 1:00 Readers Theatre (Craft) 1:00 Legal Service (BR1) 1:30 Gentle Yoga \$◆ (F) 6:00 Amateur Photography Group (B) 7:00 Dog Park Meeting (Craft)</p>	<p>11. 8:00 Breakfast \$◆ (C) 9:30 Body Wisdom Tai Chi \$◆ (F) 10:00 Country Music (B) 10:00 Needle Crafters (Craft) 12:30 Banjos & Guitars (B) 1:00 CMU Bridge (Craft) 2:00 Intermediate Line Dancing (C) 2:30 FGP/SCP Advisory Council (A) 6:00 Colorectal Cancer: Are You at Risk? ◆ (A) 7:00 Mid Michigan Wood Workers (Craft)</p>	<p>12. 9:00 Art Group (Craft) 10:15 Hi/Aerobics (F) 10:30 Area Ministers (A) 11:00 Lo/Aerobics (F) 11:15 Deal or No Deal w/ Tendercare (C) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 1:00 Book Club (Lib)</p>
<p>17. 10:00 Dulcimers (Craft) 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 1:00 Mt. Pleasant Garden Club (A) 1:00 Pinochle & Dominos (C) 1:30 Gentle Yoga \$◆ (F) <i>St. Patrick's Day Celebration</i></p>	<p>18. 8:30 Friends of Isabella Seniors Mtg (BR1) 9:30 Body Wisdom Tai Chi \$◆ (F) 12:30 Ice Cream Social (C) 1:30 State Retirees Meeting (A) 2:00 iPad Class (B) 6:30 Caregiver Support Group Meeting (Craft)</p>	<p>19. 8:00 SCP Quarterly Meeting (A) 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 1:00 Mushrooms of America Program ◆ (B) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft)</p>
<p>24. 10:00 Dulcimers (Craft) 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 1:00 Wild Rice Program ◆ (A) 1:00 Pinochle & Dominos (C) 1:00 Readers Theatre (Craft) 1:00 Legal Service ◆ (BR1) 1:30 Gentle Yoga \$◆ (F) 7:00 Dog Park Meeting (Craft)</p> <p>31. 10:00 Dulcimers (Craft) 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 11:15 Detroit Tigers Viewing Party (A,B) 1:00 Pinochle & Dominos (C) 1:30 Gentle Yoga \$◆ (F)</p>	<p>25. 8:00 Women's Aid (B) 9:30 Body Wisdom Tai Chi \$◆ (F) 12:45 Movie, "Saving Mr. Banks" \$◆ (B) 1:00 CMU Bridge (Craft) 2:00 Intermediate Line Dancing (C) 4:00 Alzheimer's Walk Meeting (Lib) 6:00 Mid Michigan Quilters (A,B,C) 7:00 Stamp Collectors (Craft)</p>	<p>26. 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 5:30 Drug Symposium (A,B) <i>Wear Purple Day!</i></p>

This page is sponsored by: **McLaren - Central Michigan Hospital**

Thursday	Friday	Saturday
<p><i>Calendar Key:</i> ◆ = Reservation Required \$ = Fee for Activity</p>		1.
6. 9:00 Tax Assistance ◆ (A,B) 9:30 Body Wisdom Tai Chi \$◆ (F) 10:00 Learn to Knit (Craft) 10:00 Computer Assistance (Lab) 11:15 Word Search/Crossword (C) 1:00 Beginner Line Dancing (C) 6:00 Clowns (Craft)	7. 9:00 Collaborative Council (B) 10:00 Jam Session (Craft) 10:15 Hi/Aerobics (F) 10:30 Health Improvement Planning (B) 11:00 Lo/Aerobics (F) 12:30 Ukulele (Craft) 12:45 Bingo, sponsor Woodland Hospice (C)	8.
13. 9:00 Tax Assistance ◆ (A,B) 9:30 Body Wisdom Tai Chi \$◆ (F) 10:00 Learn to Knit (Craft) 10:00 Computer Assistance (Lab) 11:00 Guess Who (C) 1:00 Beginner Line Dancing (C) 6:30 Friends of the Broadway Theatre (C) 6:30 Community Cancer Services Mtg. (Craft) 7:00 Mid Michigan Patriots (A) 7:00 Genealogy (B)	14. 10:00 Jam Session (Craft) 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 11:00 Ping Pong Tournament (C) 12:30 Ukulele (Craft) 6:00 Red Hat Strutters Community Dance, \$ (B,C)	15.
20. 9:00 Tax Assistance ◆ (A,B) 9:30 Body Wisdom Tai Chi \$◆ (F) 10:00 Spring Fever (C) 10:00 Learn to Knit (Craft) 10:00 Computer Assistance (Lab) 1:00 Beginner Line Dancing (C)	21. 10:00 Jam Session (Craft) 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 12:30 Ukulele (Craft) 12:45 Meijer Bingo (C)	22. 8:00 Spring in Michigan Quilt Show \$ (A,B,C) 23. 8:00 Spring in Michigan Quilt Show \$ (A,B,C)
27. 9:00 Tax Assistance ◆ (A,B) 9:30 Body Wisdom Tai Chi \$◆ (F) 10:00 Learn to Knit (Craft) 10:00 Computer Assistance (Lab) 11:30 "Ways to Hydrate" program (C) 12:30 Quilt Show (C) 1:00 Beginner Line Dancing (C)	28. 9:30 FGP/SCP In-Service Meeting (A,B) 10:00 Jam Session (Craft) 10:15 Hi/Aerobics (F) 11:00 Lo/Aerobics (F) 12:30 Ukulele (Craft) 12:45 Bingo, Sponsor The Laurels (C)	29. 8:00 Quilting Bee (A,B) 1:30 Charlene's Quilting Group (C)

Music

Banjos & Guitars

1st & 2nd Tuesday, 12:30 p.m.

Community Dance

Sponsored by the "Red Hat Strutters"
Friday, March 14, 6 - 9 p.m.
\$5 donation

Country Music

1st & 2nd Tuesday, 10 a.m.

Dulcimer

Mondays, 10 a.m.

Ukulele

Fridays, 12:30 p.m.

Jam Session

Fridays, 10 a.m.

Classes

Drawing for All Levels

Wednesdays,
April 10 - May 15
1:30 p.m.

6 classes for \$40, payable to instructor
Bring photos or objects to draw
Supplies needed:
No. 2 pencil, eraser, drawing paper
Instructor: Jeanne Fisher
Call (989) 772-0748 to register



Fitness/Exercise

Beginner Line Dancing

Thursdays, 1 - 3 p.m.

Body Wisdom Tai Chi

Tuesdays & Thursdays, 9:30 a.m.
March 4 - 27
8 classes for \$60 or \$10 drop in fee per class
Call Judi Allen to register, (989) 773-0786

Gentle Yoga Class

Mondays, 1:30 p.m.
January 13 - March 17, March 24 - May 12
8 classes for \$60 or \$10 drop in fee per class
Call Marcy at (989) 772-0748 to register

Intermediate Line Dancing

2nd & 4th Tuesday, 2 - 4 p.m.

Activities to Join

Amateur Photography

2nd Monday, 6 p.m.

Book Club

2nd Wednesday, 1 p.m.

Happy Ripper Quilters

Wednesdays, 1 p.m.

Needle Crafters

2nd Tuesday, 10 a.m.

Readers Theatre Group

2nd & 4th Monday, 1 p.m.

Second Hand Book Club

3rd Thursday, 1 p.m.

iPad Classes

March 18, 2 p.m.- Factory Loaded Apps II
How to add and remove them, create a new note, delete a note, e-mail or print a note, go over two cameras, take a photo, start and stop a video, find them in photos after you take them

April 15, 2 p.m. - Factory Loaded Apps III
Contacts, address book, face time, calendar

May 20, 2 p.m.
Games, books, weather, music

Computer Assistance

Thursdays at 10 a.m.

Learn to Knit

First 4 Thursdays of the month, 10 a.m.

Hi Aerobics

Monday, Wednesday, Friday, 10:15 a.m.

Lo Aerobics

Monday, Wednesday, Friday, 11 a.m.

Water Aerobics

Monday - Friday, 7:30 a.m.
Rose Pool at CMU
(does NOT meet March 7, 10, 12, 14)



Upcoming Health Events in our Community

Register for the **FREE** classes **listed below** by calling **Health Promotion Services** at **779-5606** or register online at www.cmch.org. The following education programs are held at the **McLaren Central Michigan Hospital, 1221 South Dr., Mt. Pleasant.**

Foot Screening Thurs., Mar. 6 from 9 a.m. - 4:30 p.m.

If you are diabetic, have high blood pressure, or concerns about your feet - including poor circulation, motion of joints, loss of feeling, or lesions - join Podiatrist Mark Young, DPM at his office; 405 S. Mission, Suite 2, Mt. Pleasant; for a FREE foot exam. Call **(989) 779-5606** to schedule your appointment.

Women Battling Cancer Can Look Good . . . Feel Better Mon., Mar. 10 from 9:30 - 11:30 a.m.

Discover hands-on instruction on makeup, skin care, nail care, and suggestions for using wigs, turbans and scarves. This free program is facilitated by trained, licensed cosmetologists. Contact the American Cancer Society at **1-800-227-2345** to register. Join Headliners Salon Stylists at the Morey Cancer Center, 1221 South Dr., Mt. Pleasant.

Street Drugs-How to Recognize Use Wed., Mar. 12 from 6 - 7:30 p.m.

Join Lieutenant Mark Uribe and Trooper Mike White, from the Michigan State Police, for this free seminar as they discuss how you can recognize someone is using drugs and how to deal with the person who has an altered state of mind due to drug use. Call **(989) 779-5606** to register. McLaren Central Michigan, FDJ Conference Room, 1221 South Drive, Mt. Pleasant.

Understanding Irritable Bowel Syndrome (IBS) Thurs., Mar. 20 from 6 - 7 p.m.

If you have Irritable Bowel Syndrome (IBS) also referred to as spastic colon, colitis, nervous stomach, or irritable colon, don't suffer in silence. Life does not have to be controlled by abdominal discomfort and bowel habits. Join Gastroenterologist Vandana Vedula, MD for a free discussion on symptoms of IBS and treatment options. Call **(989) 779-5606** to register. McLaren Central Michigan, FDJ Conference Room, 1221 South Drive, Mt. Pleasant.

Learn About the Affordable Care Act Fri., Mar. 28 from 2 - 3 p.m.

Mid Michigan Community Action Agency, Central Michigan District Health Department and McLaren Central Michigan are partnering to offer free informational sessions on the Affordable Care Act. Jennifer Raymond, certified healthcare navigator, and other certified application counselors will also be available to answer questions. Call **(989) 772-6773** to register. McLaren Central Michigan, FDJ Conference Room, 1221 South Drive, Mt. Pleasant.

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**.

Bariatric Support Group

Emotional support, proper knowledge and behavior changes are key to the success of weight loss surgery. McLaren Central Michigan offers a monthly support group in a secure setting for individuals who are considering, have scheduled, or have had bariatric surgery. Learn from others who have had similar experiences battling weight, discuss personal and professional issues that arise from losing weight, find encouragement and motivation to reach your goals, and maintain them. Call **(989)772-6739** for dates and times.

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.

FWF Eat Smart Menu

March 2014

Monday	Tuesday	Wednesday	Thursday	Friday
3 American Goulash Bread Lemony Carrot Salad Broccoli Pears	4 Pulled Pork / Bun Kidney/Chickpea Salad Steamed Cabbage Cinnamon Applesauce	5 Meatloaf Bread Baked Potato Peas & Carrots Berry Fruit Cup	6 Chicken Pattie / Bun Corn Lettuce and Tomato Grape Banana Fruit Cup Cookie	7 Egg & Cheese Casserole Cinnamon Roll Sausage Links /Potatoes Orange Juice Ambrosia Fruit Cup
10 Veal Parmesan Bread Vinaigrette Slaw Peas Tropical Fruit	11 Roast Pork Bread Sweet Potatoes Brussels Sprouts Fruit Cocktail Gelatin	12 Chili Corn Bread Broccoli/Cauliflower Salad Graham Goldfish Cookie Fresh Orange	13 Baked Chicken Bread Whipped Potatoes/Gravy Crunchy Vegetable Salad Citrus Fruit Cup	14 Vegetable Lasagna Dinner Roll Tossed Salad Green Beans Peaches
17 Cabbage Roll Casserole Honey Wheat Roll Leprechaun Fluff Corn	18 Meatballs Bread Redskin Potatoes Stewed Tomatoes Cherry Fruit Cup	19 Sliced Turkey Honey Wheat Roll Whipped Potatoes/Gravy Green Beans Fresh Orange	20 Pork Chop Bread Company Potatoes Multi Bean Salad Oatmeal Apple Crisp	21 Breaded Cod Bread Coleslaw Mixed Vegetables Cottage Cheese Pineapple
24 Salisbury Steak / Gravy Bread Company Potatoes Kyoto Vegetable Pears	25 Chicken Pattie / Bun Lettuce and Tomato Cauliflower Berry Fruit Cup Graham Goldfish Cookie	26 Turkey Loaf Bread Squash Pea Salad Mixed Fruit Cup	27 Spanish Rice Honey Wheat Roll Kidney/Chickpea Salad Corn Strawberry Shortcake	28 Egg & Cheese Casserole Cinnamon Roll Sausage Links /Potatoes Orange Juice Ambrosia Fruit Cup
31 Macaroni & Cheese Bread Broccoli Citrus Salad Green Beans Pineapple				

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

Milk provided with all meals
Suggested Donation \$2.50

Rosebush Village of Rosebush Manor

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

Let's hope that Old Man Winter is finally on his way out this month, and we can finally forget about "snow days" for a while! This month we'll be celebrating all things green with St. Patrick's fun and dreams of spring! Art Reach of Mid Michigan will be coming in twice during March to give presentations and, of course, we will have our regular games of Penny Bingo. To round out the end of the month we are excited to have the music of Ted Bailey and Tinker Folly.

So join us every Monday, Wednesday and Friday in Rosebush as we look forward to a warm and sunny spring!

March Calendar

3	Healing Arts with Art Reach	1:00
5	Penny Bingo	1:00
7	The Music of Craig Newton	1:00
10	Bingo w/ Prizes(Courtesy of Hospice)	1:00
12	Penny Bingo	1:00
14	Good Times Band	1:00
	Ice Cream Social	2:00
17	St. Patrick's Day Party	12:00
	Penny Bingo	1:00
19	Bingo w/ Prizes(Courtesy of The Laurels)	1:00
21	Monthly Birthday Celebration	12:45
	Nutrition Education and Word Games	
24	Penny Bingo	1:00
26	Healing Arts with Art Reach	1:00

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

Weidman Senior Center

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

First of all I want to thank Tom & Kathy Maier for furnishing the birthday cake this month. March is usually a windy month (hope not like January), so bundle up and come on over. We have Wii games, board games, or card games. We can teach you or you can teach us. Those celebrating a birthday this month are: Larry Davis, Mary Mullin, Dorothy Purtill, Ralph Turnbull and Reta Westerby. Help us celebrate with them March 19.

March Calendar

- 3 National Anthem Day- Who Wrote It?
And under what Circumstance?
- 4 Make peanut butter cookies to celebrate
Peanut Butter Month
- 5 River Ramblers 10:00 a.m.
- 6 National Frozen Food Day- Check dates and
contents of freezer
- 7 Favorite Cereal- What cereals did you have
as a child?
- 10 Word Search
- 11 Johnny Appleseed- Bake a pie
- 12 River Ramblers 10:00 a.m.
- 13 Wendy- Clare Tendercare Health Topic
- 14 Butterfly Day- Get articles from the library.
- 17 St. Patrick's Day
- 19 River Ramblers 10:00 a.m.
- 20 Card Game
- 24 Enjoy chocolate covered raisins.
- 25 Audrey- Nutrition Topic- Staying Hydrated
- 26 River Ramblers 10:00 a.m.

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

Spring is on its way- and not a moment too soon! March 20 is the official date!

The people at the Winn site have been hopping around like rabbits from one kitchen to another because of water line problems at the Winn Hall. Hopefully, we are done with that. I'm so sorry that some of you have missed our great meals and music, but we will continue as before!

Our birthdays will be celebrated with Kevin Bendel; lots of fun there! Jean the tax lady will be here to help with your taxes. Reservations would be a great way to get in! Pam from Recovery Network will be out to speak on prescription drug abuse on March 10 after lunch.

With Spring coming it seems like some party and prizes will be popping up out here, too! You know how I love parties!!! Get your reservations in; Call the kitchen and we'll see you then.

March Calendar

- 3 Birthday Party- With Kevin Bendel
- 5 Nancy and Benny Lopez
- 10 Harold Helman & a visit from Pam from
the Recovery Network in Mt Pleasant
- 12 Les, Rocky, Pat, John "The Crew"
- 17 Leon Seiter & Maxine Vadar
- 19 Dave Miller Band
- 23 Mark Ray and Mark Bauman
- 25 The Boys From Andsen
- 31 Bill Squires

COA Activity Center

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

A special thank you goes to Tendercare for the ice cream floats and to the Red Food Pantry for the Gingerbread houses and candy.

Please join us daily for:

Mondays	Pinochle/Dominoes	1:00
Tuesdays	Board Games/Cards	12:30
Wednesdays	Euchre/Pepper/Bridge	1:00
Thursdays	Board Games/Cards	1:00

March Calendar

- 4 Country Music 10:00
Banjos/Guitars 12:30
- 6 Word search/Crossword 11:15
Beginning Line Dancing 1:00
- 7 Bingo- Woodland Hospice 12:45
- 11 Breakfast 8:00 to 9:00
Country Music 10:00
Banjos/Guitars 12:30
- 12 Deal or No Deal 11:15
- 13 Guess Who? 11:00 to 1:00
Bring a picture of you as a child.
Beginning Line Dancing 1:00
- 14 Ping Pong Tournament 11:00-2:00
- 17 St. Patrick's Party 11:00 - 1:30
Tinker's Folly Band-Celtic Music
12:30 to 1:30
- 18 Ice Cream Social 12:30
- 20 Spring Fever 10:00 to 1:00
Beginning Line Dancing 1:00
- 21 Bingo-Meijer's 12:45
- 25 Movie- "Saving Mr. Banks" 12:45
- 26 Purple Day-Wear Purple 10:00-2:00
- 27 Nutrition Ed. -Ways to Hydrate 11:30
Quilts to Show 12:30
- 28 Bingo - The Laurels 12:45

Shepherd United Methodist Church
Meals M-W-F, 10:00 a.m. - 2:00 p.m.

107 W. Wright, Shepherd
Cindy Bromell, Site Mgr. **828-5106**



Thank you to Tendercare of Mt. Pleasant for providing us with bingo prizes last month. Remember Friday, March 14, and Friday, March 28, will be our bingo days this month. Try your luck see what you can win. On March 7, we will be celebrating Irene's Birthday with cake and ice cream, come and celebrate with us. Students from the CMU Campus Grow Group will present us with a cooking demo this month.

Our nutrition topic will be ways to hydrate. Join us here in Shepherd, Mondays, Wednesdays and Fridays to have some fun, share a few laughs or just come and enjoy a nice meal with some great people. We look forward to welcoming you to our Shepherd site.

Shepherd March Calendar

- 3 Your Choice: any game you'd like to play
- 5 Range of Motion, Sit and Fit. Games, crossword puzzles and word searches.
- 7 Irene's Birthday party
- 10 FOCUS, everything to do with both the physical eye and the concept of vision.
- 12 Nutrition Topic: Ways to Hydrate
- 14 Bingo at 12:30 after lunch
- 17 St. Patrick's Day wear green!
- 19 Cooking demo-call to confirm date and time.
- 21 Euchre and Tri-ominos
- 24 Word games
- 26 Range of motion, Sit and Fit

This page is sponsored by: **HATS - The Humane Animal Treatment Society**

IN MEMORY OF

William Judd

Ken & Loretta Warner
Jean Milan & Jim Harner
Rosemary Saunders
Sally Buckley
Stephen & Dolores Cline

Lucindy "Cindy" Sprague

Harry & Virginia Herman

Barbara Pitts

The Family of Barb Pitts
Gold Key Volunteers

George W. McClain, Jr.

Joyce McClain
Melanie Allean
Beth Ann Nesbitt
Kerry McClain

Albert Hyder

Ron & Lois Doerr
Anonymous
H.L. & N.I. Blackmer
Allen & Ilene Hyder
New Hope United
Methodist Men

Margaret Arnold Nash

Betty Lulinski

Maxine Coldwell

Anonymous

Connie Foster

Anonymous

Raymond Zimmerman

UAW 6888 Local
Peter & Julie Bender
Clarence Lange
Charles & Cathy McCune
Anonymous
Doug & Barb Thielen
Carleen Brammell
Gregory & Diane Demers
Clare & Lois Myers
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Loney Haney

Richard & Arlene Scramlin

Eugene McBride

Alvin & Joanne Roy

Alphretta Allen

Don & Jo Riley

Katherine Lobsinger

George Lobsinger

Rosemary Mogg

Randy, Jack & Norma Mogg

Theda Mae LaLone

Betty Hauck

Rosie West

Betty Hauck

Active Living In Memory of

James Bauer

Nancy Bauer

Curtis Hall

Juliana Hall

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Thank You to our Readers and Sponsors who donate to Active LIVING. We appreciate and need your support! We are a long way from our annual goal of **\$24,000.00**.

Donations to COA

Activity Center

St. Henrys- St. Charles
Altar Society
Jeanne Reese
George Lobsinger

Food with Friends

Home Delivered Meals
Sue & Dennis Embrey

Transportation

Melvin Onuskanich

Donations to ACTIVE LIVING

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Rich	Parker	Brenda Curtiss
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Mary Bottaro	Roethlisberger	Langlois
Jim Painter	Nancy Brasington	Vicki Robinson
Larry & Sally	Sandra & Martin	George & Diana
Johnson	Trombley	Clapp
Linda Hopp	Rita Ann Deni	Mary Bowers
Eileen Rau	Wilma Morey	Barb Leg
Lavern Owen	Donna Bellinger	Liz Bridgewater
Wilma Sanders	Barbara Sheperdigian	Larry & Sally
Joyce Spicer	Douglas & Diane	Johnson
Mary Beutler	Sharrar	Mary Nolan
Virginia Hirschi	Helen E. Clark	Kathleen Martin
Sam Hart	Maris McCCasey	Carole Heydenburg
Adeline Fortino	Robert & Sally	Bessie Bourland
Jakie & Elizabeth	Burgess	
Goffnett	Alice Tatro	
Anonymous	Marilyn Dush	
Mary Lois & Francis	Shirley Stevens	
Milson	Rosanne Smith	

Weidman Activities (WCC)

Weidman Community Center Bridge St.

Mondays & Tuesdays--WCC

Beginner Line Dancing --9:00-11:00 a.m.
Donation, All proceeds to community center. Call Marilyn for Info **644-5915**

FREE Walking Program 11:00a.m.-1:00p.m.
Enjoy exercise, coffee and conversation.

Wednesday--WCC

Sponsored by Weidman Bus Association
Bingo 6:30 p.m.--Doors Open 5:30 p.m.
Call Karen For Info **644-2266**

Country Quilters --9:30 a.m. to 2:00 p.m.
Call Sally for info **644-2661**

Thursday--WCC

Euchre--Play Promptly Begins 6:00 p.m.
Call Karen for info **644-2266**

WOOD CARVING - ALL LEVELS

1st Friday & 3rd Saturday - 9:00 a.m.
Masonic Hall - 3250 Woodruff Rd.
Call Richard **644-3306** or Ted **644-2565**

Events at Weidman Eagles AERIE #4540-
- On VFW Drive Behind Fire station:

Wednesdays & Thursdays Public invited
Beginner Line Dancing-- 5:30 - 7:30 p.m.
Donation-- Call Marilyn **644-5915** for Info

FREE Walking Program 11:00a.m.-1:00p.m.
Enjoy exercise, coffee and conversation.

Wednesdays—House Pool League—Public invited 6:00 p.m., Shoot pool with the Guys!

Thursdays--Eagles 4:00-8:00 p.m.--Make Your Own At The Full Taco Bar, Donation.

Fridays March 7, 14, 21, 28 Fish Fry: All you Care to Eat Fish Dinner, 4:00 - 8:00 p.m. includes Dessert and Beverage Public Invited.

March 15 - Eagles Auction You can drop off items at the club anytime. Noon to 3:00 p.m. Pig Roast 4:00 p.m. Open to public

March 22 - Saturday, Eagles-6 to 9 p.m. Pickers Jamboree, music entertainment, food & refreshments available. Open to the public.

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

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Vice President	Jeanne Reese
Secretary Ex Officio	Brenda Upton
Finance Ex Officio	Ginny Cain
Member	Lawrence Foote
Member	Paula Johnson
Member	Louise Plachta
Member	Ralph Pitts
Member	Bethany Ervin
Member	Stephanie Hope
Member	Guy Meiss
Member	Joanne Lovejoy

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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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.*

St. Patrick's Day Celebration

Come celebrate the "Luck of the Irish!" Enjoy lunch and Celtic music with the Tinker's Folly Band, Monday, March 17. Lunch will be served at noon and music starts at 12:30 p.m. Lunch includes cabbage roll casserole, honey wheat roll, Leprechaun fluff and corn. Lunch costs \$5 for those under age 60 and a suggested donation of \$2.50 for those over 60. Call (989) 772-0748 by noon Friday, March 14 to make your reservation.



MARCH 2014 ACTIVE LIVING

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