

# Active LIVING

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*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](http://isabellacounty.org/dept/coa)

## Recycling 4 Cash



Help Save the Environment One Cartridge at a Time!

The Isabella County Commission on Aging is participating in a recycling fundraiser to earn funds for Commission on Aging programs and services plus reduce our carbon footprint. Please collect used **inkjet, laser toners, cell phones, laptops, tablets, iPods** from home, family, friends, and work then drop them off at the Isabella County Commission on Aging, 2200 S. Lincoln Rd., Mt. Pleasant.

*Thank you for your support!*



## 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 Wednesday, April 9, from 1:00 to 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**.

## Director's Comments

April is Volunteer Recognition Month. I'm sure many of you already know this fact. That's why we at the Commission on Aging (COA) always have our Gold Key Volunteer Recognition Dinner (April 8) and our Foster Grandparent/Senior Companion Recognition Dinner (April 25) during this month.

This is always an important time for us. We try to say thank you all the time, but our recognition dinners represent a special effort on our part to publically acknowledge all the hard work our volunteers give to our program participants and our agency.

The cost of providing our recognition dinners are not provided by the COA, we must gratefully acknowledge the generosity of Isabella Bank. They have helped pay for the cost of both recognition dinners for over 35 years. Isabella Bank and the employees have been wonderful to work with, they believe in the mission of the COA and completely understand the important part all our volunteers provide to the lives of our older citizens.

Volunteering is generally thought to be an altruistic activity; something that is intended to improve society and the lives of others. However, while volunteering strengthens a community and its citizens the personal benefits to the individual volunteer is without question:

Volunteering connects you with others...

It connects to your community and makes it a better place

Volunteering is good for your mind and body...

It helps increase your self-confidence

It helps combat depression

It helps you stay physically healthy

Volunteering brings fun and fulfillment to your life...

It can provide a way to explore new interests and passions

It can be a relaxing escape that energizes you

It can renew your creativity

It can motivate you and provide you with a new vision

Volunteering can advance your career... (for our many student volunteers)

It can provide you with career experience

It can teach you valuable job skills

Our volunteers are the soul of our agency. They give us tens-of-thousands of hours of services and drive hundreds-of-thousands of miles providing care to the elders in our community. The heart of the Commission on Aging beats stronger because of the gift of time and love that is given by all our volunteers.

Thank you for being such a special part of the Commission on Aging and thank you for making our entire community stronger.

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



## Mission Moments

### THE RIPPLE EFFECT

*"I alone cannot change the world, but I can cast a stone across the waters to create many ripples" – Mother Theresa*

Every ripple has a point of origin and for many children and older adults in need, that origin is their Foster Grandparent or Senior Companion volunteer. The Foster Grandparent and Senior Companion Volunteers give the gift of time and commitment to do many small things with great love which cause a ripple effect in our communities.

\*The Senior Companion who assists an older adult by taking them to a doctor's appointment or sitting to visit and play cards not only eases their loneliness but also eases the burden of their family in caring for their loved one. This is a ripple effect.

\*The Foster Grandparent who works diligently with a student to help them practice their reading skills – the result is improvement in the child's reading proficiency which improves their overall educational achievements. This is a ripple effect.

\*The Senior Companion who helps a new resident transition into their new life at a nursing home. The support they give benefits the resident, the staff and it comforts the family knowing that their loved one has a friend that will be there for them when they cannot. This is a ripple effect.

\*The Foster Grandparent who has the time to listen to the worries and concerns of the children they work with. They are often the first to learn of critical home situations and they can follow up with their teachers so the proper action can take place to protect a child from harm and neglect. This is a ripple effect.

Everyone has the power to touch the lives of everyone they come into contact with in a positive way and those people in turn can pass on that positive effect to others. The momentum of your influence will grow as your ripples move onward and outward. Our Foster Grandparents and Senior Companions possess the ability to take their ripple effects and watch them become tidal waves of love and kindness. They feed the hunger of loneliness and fear.

*Mary Ann Mooradian, Coordinator  
Foster Grandparent/Senior Companion Programs*

*This page is sponsored by: the Family of Dr. Leonard E. Plachta*

## Help COA Celebrate National Volunteer Week April 6-13, 2014



Volunteers are everyday heroes who work to make the world a little brighter for everyone. If you happen to see a Commission on Aging Volunteer, please thank them for their service to area older adults. We couldn't do it without them!

Who are they? They could be a Foster Grandparent, Senior Companion, Friendly Visitor, Grocery Shopper, Medical Escort Driver, Food With Friends Meal Site Assistant, Home Delivered Meal Driver, Reception Ambassador, Friendly Caller, Needle Crafts Worker, Active Living Volunteer, Friendly Caller, Student Activity Center Senior Partner, Helping Hands Repair Person, Animal Friend for HATS, AARP/IRS Tax Aide Volunteer, Medicare Part D Prescription Assistance Counselor, Ride Guide, Ride Buddy, Yard Cleanup Volunteer or Special Projects Volunteer. Whoever these volunteers may be, the Commission on Aging is deeply grateful for each and every COA volunteer. COA Volunteers brighten the world every day for hundreds of older adults within every Isabella County township.

### Thank You COA Volunteers!

## Fall & Balance Risk Assessment

Graduate students in the physical therapy doctoral program at CMU are offering a Fall & Balance Risk Assessment program, Friday, April 11 at Commission On Aging. The one-on-one program, supervised by faculty will include questions about your balance and general health and tests that include blood pressure measurements and walking. The screening procedure has been tested and approved by the Michigan Department of Health. We are scheduling 20 minute appointments starting at 1 p.m. You will need to bring a list of your medications with you. Please call **(989) 772-0748** to sign up for this exciting program.

## Shepherd Historical Society

The Shepherd Powerhouse Museum will be open to visitors on Saturday, April 26, from 10:00 a.m. to 3:00 p.m. Come visit!

## Ask a COA Specialist

**Question:** My spouse was recently admitted to the hospital with stroke like symptoms. He was there for a few days and thankfully did not have a stroke. We received a larger than anticipated bill from the hospital with outrageous charges for medications. Our Medicare and secondary insurance usually covers the hospital bill. We were told from the billing provider that my spouse was not actually "admitted" to the hospital but, there under "observation." Could Medicare or the hospital have made a mistake?

**Answer:** People can be classified as under observation for several days. When classified as "under observation", it appears the person is actually an in-patient, since they are in a bed, getting care with a hospital wristband, when they are actually being monitored under outpatient status. Under outpatient status, chronic medications, such as blood pressure pills, are usually not covered. For future reference, some hospitals let you bring in your medications from home to avoid the inflated hospital medication charge. Another important piece of information is regarding skilled care. If your spouse needs skilled care in a rehab facility, Medicare will not pay for the care unless your spouse was an in-patient (or admitted) for three days prior to discharge, known as a three day qualification stay. More Medicare beneficiaries are entering hospitals as observation patients every year. We recommend checking with your nurses or physician regarding in-patient status while still in the hospital.

### 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

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

## April at COA Activity Center

A special **THANK YOU** to Great Lakes Loons & PepsiCo for donating to our Detroit Tigers Opening Day celebration! We had lots of fun and we appreciate your support!

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### Movie for April -

The movie for this month “*12 Years a Slave*” will be shown on Tuesday, April 22, at 12:45 p.m. This 2013 British American film won 2 Academy Awards and a Golden Globe Award. The film is an adaptation of the 1853 memoir by Solomon Northrup. Born free in New York state, Northrup was kidnapped and sold into slavery where he worked on several Louisiana plantations before being released.

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.

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### Life is a TRIP!

Join us for some FUN adventures!

See page 11 for some exciting, new travel opportunities!

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### Evening Bloomers Club

The Evening Bloomers Club will meet in Room B at Commission On Aging, Tuesday, April 1 at 7:00 p.m. Join Lisa Treiber, Health and Nutrition Extension Educator for a presentation on preserving our food with pressure cooking, drying, canning and freezing the safe and easy way. Handouts and resources will be provided.

### Mt. Pleasant Area Historical Society

The 7:00 p.m., Tuesday, April 1 meeting of Mt. Pleasant Area Historical Society (MPAHS) will feature the story of local citizen’s 1940s establishment of a recreation center just outside Mt. Pleasant. Local historian and genealogist Sherry Sponseller will look back at the conceptualization and building of the Community Recreation Center in the late 1940s which became known as the Airport Community Center later named Jameson Park located off of north Pickard Street in Union Township. The idea grew from a need of local youth in the area for a safe recreation venue and the dedication of the residents in the neighborhood to make such a place possible.

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 business meeting will include more plans for the MPAHS Field Trip (open to the public) which will be a Saturday, September 6, 2014 excursion to the Annual Marshall Michigan Tour of Historic Homes.

The public is invited and encouraged to attend the program and (if desired) the business meeting. Hope to see you there.

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### 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 **April 8**. The cost is \$5.00. The menu includes the following:

Breakfast Casserole Meat Biscuits & Gravy 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!

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### 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 7:00 p.m.

~ **Upcoming Programs** ~

April: Ralph Berry - “How Burial Practices have Changed Over the Years”

May: 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>

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

## April at COA

### Eat Healthy - Be Active

MSU Extension is offering an eight week course to promote healthy eating and activity for older adults. The program focuses on eating healthy on a budget, physical activity, maintaining a healthy weight and healthy meals. The classes are recommended for adults age 60+. Classes start as early as April 30 and will be held at the Winn, Rosebush, Weidman and Mt. Pleasant meal sites. If you are interested in learning more about this program and to sign up for the classes, please contact Sabrina McGee at (989)772-0911, ext. 302.

### Spring Mushrooms & Preparation

**Monday, April 14, at 1:00 p.m.**  
**Commission On Aging, Room B**

We will take a look at Spring Mushrooms found in Isabella County, the most frequent one is the elusive Morel. Learn about various kinds of morels and some other spring edibles. Using photographs we will take a look at a variety of cooking techniques and some gourmet dishes. Please bring your recipes to share. Presented by Sister Marie Kopin in conjunction with the Michigan Mushroom Hunters Club. Call COA at (989) 772-0748 to register. There will be a mushroom hunt May 7 at 1:00 p.m. at Deerfield Park, Fussman pavilion.

### Mt. Pleasant Garden - Learn about Hydroponics

Don't like dirty fingernails? Don't have good soil for growing? Don't have room for a garden? Come learn about hydroponics! The Mt. Pleasant Garden Club invites you to join them at their meeting on Monday, April 21 at 1:00 p.m. at the COA in Room A to listen to Robert Wyman of the Sunshine Supply Company teach us about growing plants in water, the agriculture of tomorrow.

## Coming in May to COA

### Cinco De Mayo Fiesta

Celebrate Cinco De Mayo at the Commission On Aging! Enjoy lunch and music with the Mas Caliente Band Friday, May 2. Entertainment will begin at 11:00 a.m. with lunch following at noon. Lunch will include chili and crackers, corn bread, tossed salad, cinnamon applesauce. We will also be serving green punch, chips and salsa and cheese dip. Lunch costs \$5 for those under the age of 60 and a suggested donation of \$2.50 for those over 60. Call Penny at (989) 772-0748 by noon Thursday, May 1 to make your reservation for lunch.



### AARP Safer Driving



**Wednesday, May 7 from 9:00 a.m. – 5:00 p.m.**  
**\$15 for AARP members/\$20 for non-members**  
**Commission On Aging, Room B**

Take the NEW AARP Smart Driver Course to refresh your driving skills and know the new rules of the road and learn research-based driving strategies to help you stay safe behind the wheel. NO tests to pass! Sign up by calling (989) 772-0748.

### Mother's Day Tea



Isabella County Commission On Aging cordially invites women of all ages to our Mother's Day Tea Party, Saturday, May 10 from 11:00 a.m. to 1:00 p.m. \$7 per person. includes tea, light lunch, entertainment and a keepsake photo. Join us for this special day, a day to show our Grandmothers, Mothers and Daughters just how special they are! Space is limited. Please purchase your tickets by May 1 at the Commission On Aging. For more information contact Marcy at (989) 772-0748.

### Mind, Body & Soul Health Expo

On Thursday, May 29 from 10:00 a.m. – 4:00 p.m. you will have the opportunity to enjoy a free day of FUN at the Body, Mind & Soul Health Expo. The Expo, held at the Commission on Aging Activity Center will feature local organizations, businesses and non-profit agencies in Isabella County. Exhibitors will be on hand to provide information on fitness, nutrition, finances, safety, retirement, volunteer opportunities, health, hobbies, leisure activities and more! The day will also include entertainment, giveaways, healthy snacks and door prizes. The Expo is free and open to the public. For more information, contact Marcy at (989) 772-0748.

## You Can Check Your Tax Refund Status Online

**FEDERAL:** [www.irs.gov](http://www.irs.gov)

On the home page, click on the second picture from the left **“Get Your Refund Status.”** Read and follow steps 1, 2 and 3 then click the link *“Where’s My Refund?”* For security reasons, you will have to enter: Social Security Number, Filing Status (single, married, etc.), Exact Refund Amount. The information should be available 24 hours after an e-file is accepted, and it may take four weeks after the date a paper file is mailed. *“Where’s My Refund”* is updated once every 24 hours.

**MICHIGAN:** [www.michigan.gov/taxes](http://www.michigan.gov/taxes)

Click the Tan Box – **“\$Where’s My Refund?”** For security reasons, you will have to enter: Social Security Number and Last Name to Log In. Then click on **Check My Tax & Refund Information.** Then enter the Tax Year (2013), AGI, THR Total Household Resources (see below), and Filing Status.

Note: For 2013 Michigan returns, Adjusted Gross Income is found on line 10 of your MI-1040. Total Household Resources is found on line 33 of your MI-1040CR or line 34 of your MI-1040CR7.

The information may not be available for at least 14 days after the e-file is accepted. It may take six weeks after a paper return is mailed.

## Volunteer Drivers Needed:

- To deliver lunchtime meals
- To transport older adults to medical appointments
- Mileage reimbursement
- Please Call 989-772-0748

## How to “Just Say NO”

Do you receive unsolicited mail and unwanted telemarketing calls? Here is how to “Just Say NO.”

### TELEMARKETING CALLS

The Federal Government has created the National Do Not Call Registry for a free and easy way to reduce the telemarketing calls you receive. To register or to get information, visit [www.donotcall.gov](http://www.donotcall.gov). or call **1-888-382-1222** from the phone you want to register. You will receive fewer calls within three months of registering your number. Your phone number will stay on the registry for five years.

### MAIL

The Direct Marketing Association Mail Preference Service helps stop the direct mail marketing from national companies for five years. Your name will be put on a “delete” file and will be made available to direct mail marketers. Send a letter to: Direct Marketing Association

Mail Preference Service  
P O Box 643  
Carmel, NY 10512

To register online:

[www.the-dma.org/consumers/offmailinglist.html](http://www.the-dma.org/consumers/offmailinglist.html)

## (SERA) State Employee Retirement Assn.

The speakers for the April meeting will be those who were scheduled for February 18. SERA goes by the school closing so we did not have a meeting that day. The presenters will be Barbara Frankenfield from Commission on Aging and Karen Langeland from Woodland Hospice. The program will be *“The Conversation.”* The meeting will start at 1:30 p.m. on April 15 in room A at the Commission on Aging, 2200 S. Lincoln Road, Mt Pleasant. I would encourage everyone to attend as this is a very informative and interesting topic. Most of us do not tell family members our final wishes. If there are any questions please feel free to contact Jackie Curtis at 989-772-0597 or [jac62irish@yahoo.com](mailto:jac62irish@yahoo.com).



Enjoy Nature with Family and Friends...



While walking the trails at Deerfield Nature Park!!

2425 West Remus  
6 miles west of Mount Pleasant  
[www.isabellacounty.org](http://www.isabellacounty.org)  
Like us on Facebook

## Golden Age Cards Available

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

## 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.

## Caregiver Support

Our Caregivers Support Meeting will be April 15, 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 are always available. If you have questions about this group feel free to call the COA at **989- 772-0748**.

## Upcoming Community Health Events

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

### Protect the Skin You Are In

Skin cancer can be successfully treated before it has a chance to spread. Warning signs suggesting skin cancer include: a change on the skin, a sore that does not heal, change in an existing mole, or the development of a new mole. Even a small change in the skin can be a warning sign, so delaying treatment may be harmful to your health. Free skin cancer screenings below:

Alex Corcoran, PA-C → Friday, April 11 appointments from 1-3 p.m.  
2935 Health Parkway, Mt. Pleasant  
Call **(989) 779-5606** to schedule your appointment

Lacey Gardner, PA-C → Thursday, May, 1 from 1-4 p.m.  
2940 Health Parkway, Mt. Pleasant  
Call **(989) 779-5606** to schedule your appointment

Nisha Vashishta, MD → Friday, May 16 and June 13 from 9 a.m.-12 p.m.  
4639 Pickard, Mt. Pleasant  
Call **(989) 779-5606** to schedule your appointment

### Glaucoma

**Early Detection and Treatment Can Help Save Your Vision.** If you are 60 or older or have had a family member with glaucoma you are at higher risk of developing this eye disease. Left untreated it can lead to permanent vision loss or even blindness. Join Ophthalmologist Shalini Johnson, MD for a free discussion on the importance of early detection and treatment options for glaucoma including Selective Laser Trabeculoplasty (SLT).

Thursday, April 17 from 11:00 to 11:45 a.m.  
Commission on Aging, 2200 S. Lincoln Rd., Mt. Pleasant  
Call **(989) 772-0748** to register

### 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.

## Early Screening Is Essential to Prevention and Increasing Cure Rate

Central Michigan District Health Department wants to make consumers aware that colorectal cancer, although a potentially life-threatening disease, is preventable with early detection. “Colorectal Cancer is the second leading cause of cancer deaths in the United States, with over 56,000 people expected to die from this disease each year,” explains Dr. Robert Graham, Medical Director for the Central Michigan District Health Department. “However, it is a preventable and very curable disease if caught early.”

Because there are often no symptoms when it is first developing, colorectal cancer can only be detected through regular early screening. “The benefits of early detection and treatment are dramatic,” Dr. Graham says. “The possibility of curing patients after symptoms develop is only 50%, but if colorectal cancer is found and treated at an early stage before symptoms develop, the opportunity to cure is 80% or better.”

If you are between the ages of 50 and 64 and have a family history of colorectal cancer, colon polyps, inflammatory bowel disease, or Crohn’s disease be aware that these are factors that create a higher risk for colorectal cancer. All men and women of average risk for colorectal cancer should have regular colorectal cancer screening after the age of 50. Your doctor may recommend earlier screening if you have one or more risk factors. Call your medical care provider and ask about his/her recommendations for screening.

Dr. Graham notes that in addition to getting screened regularly for colorectal cancer, people can lower their risk of getting the disease by:

- Avoiding foods that are high in fat
- Eating plenty of vegetables, fruits, and other high-fiber foods
- Exercising regularly and maintaining a normal body weight
- Not smoking
- Drinking alcohol only in moderation

For more information on colorectal cancer prevention and screening, visit [www.cancer.org](http://www.cancer.org) or [www.cdc.gov/cancer](http://www.cdc.gov/cancer).

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](http://www.cmdhd.org) and LIKE Central Michigan District Health Department on Facebook.

| Monday  | Tuesday  | Wednesday   |
|---|--|---|
|   | 1.<br>9:00 Taxes (A,B)<br>9:30 Mid Michigan Flower Arrangers (Craft)<br>9:30 Body Wisdom Tai Chi \$◆ (F)<br>10:00 Country Music (B)<br>12:30 Banjos, Guitars, Mandolins (B)<br>12:30 Ukrainian Eggs (C)<br>5:15 COA Advisory Council (BR1)<br>7:00 Mt. Pleasant Area Historical Society (A)<br>7:00 Evening Bloomers Garden Club (B) | 2.<br>10:15 Hi/Aerobics (F)<br>11:00 Lo/Aerobics (F)<br>11:00 “Where Did They Go” animal puppets from Chippewa Nature Center (C)<br>1:00 Caregiver Support Training (A)<br>1:00 Bridge, Euchre, Pepper (C)<br>1:00 Happy Ripper Quilters (Craft)  |
| 7.<br>9:00 Taxes (A)<br>10:00 Dulcimers (Craft)<br>10:15 Hi/Aerobics (F)<br>11:00 Lo/Aerobics (F)<br>11:30 Prescription & Drug Abuse program (C)<br>12:00 Community Service Council (B)<br>12:30 Master Gardeners (Craft)<br>1:00 Pinochle & Dominos (C)<br>1:30 Gentle Yoga \$◆ (F)<br>6:30 Square Dancing \$ (C)  | 8.<br>8:00 Breakfast \$◆ (C)<br>9:30 Body Wisdom Tai Chi \$◆ (F)<br>10:00 Needle Crafters (Craft)<br>1:00 CMU Bridge (Craft)<br>2:00 Intermediate Line Dancing (C)<br>4:00 Volunteer Banquet (A,B)<br>7:00 Mid Michigan Wood Workers (Craft)   | 9.<br>9:00 Tax Assistance ◆ (A,B)<br>9:00 Art Group (Craft)<br>10:15 Hi/Aerobics (F)<br>11:00 Lo/Aerobics (F)<br>11:15 Deal or No Deal w/Tendercare (C)<br>1:00 Caregiver Support Training (B)<br>1:00 Bridge, Euchre, Pepper (C)<br>1:00 Happy Ripper Quilters (Craft)<br>1:00 Book Club (Lib) |
| 14.<br>10:00 Dulcimers (Craft)<br>10:15 Hi/Aerobics (F)<br>11:00 Lo/Aerobics (F)<br>11:00 Easter Project (C)<br>1:00 Spring Mushrooms & Preparation (B)<br>1:00 Pinochle & Dominos (C)<br>1:00 Readers Theatre (Craft)<br>1:00 Legal Service (BR1)<br>1:30 Gentle Yoga \$◆ (F)<br>6:00 Amateur Photography Group (B)<br>6:30 Square Dancing \$ (C)<br>7:00 Dog Park Meeting (Craft) | 15.<br>8:30 Friends of Isabella Seniors Mtg. (BR1)<br>9:30 Body Wisdom Tai Chi \$◆ (F)<br>10:00 Country Music (B)<br>12:30 Ice Cream Social (C)<br>1:30 State Retirees Meeting (A)<br>2:00 iPad Class (B)<br>6:30 Caregiver Support Group Meeting (Craft)  | 16.<br>10:15 Hi/Aerobics (F)<br>11:00 Lo/Aerobics (F)<br>1:00 Bridge, Euchre, Pepper (C)<br>1:00 Happy Ripper Quilters (Craft)<br><br><i>HUMOR DAY ☺</i>  |
| 21.<br>10:00 Dulcimers (Craft)<br>10:15 Hi/Aerobics (F)<br>11:00 Lo/Aerobics (F)<br>1:00 Mt. Pleasant Garden Club (A)<br>1:00 Pinochle & Dominos (C)<br>1:30 Gentle Yoga \$◆ (F)<br>6:30 Square Dancing \$ (C)  | 22.<br>8:00 Women’s Aid (B)<br>9:30 Body Wisdom Tai Chi \$◆ (F)<br>12:45 Movie, “12 Years a Slave” \$◆ (B)<br>1:00 CMU Bridge (Craft)<br>2:00 Intermediate Line Dancing (C)<br>6:00 Mid Michigan Quilters (A,B,C)<br>7:00 Stamp Collectors (Craft)   | 23.<br>10:15 Hi/Aerobics (F)<br>11:00 Lo/Aerobics (F)<br>1:00 Bridge, Euchre, Pepper (C)<br>1:00 Happy Ripper Quilters (Craft)<br>2:00 Volunteer Driver Training (B)  |
| 28.<br>10:00 Dulcimers (Craft)<br>10:15 Hi/Aerobics (F)<br>11:00 Lo/Aerobics (F)<br>11:15 Karaoke w/Harold Helmann (C)<br>1:00 Pinochle & Dominos (C)<br>1:00 Readers Theatre (Craft)<br>1:00 Legal Service ◆ (BR1)<br>1:30 Gentle Yoga \$◆ (F)<br>6:30 Square Dancing \$(C)<br>7:00 Dog Park Meeting (Craft)   | 29.<br>9:30 Body Wisdom Tai Chi \$◆ (F)<br>12:30 Wooden Flutes/Music w/Jim & Donna Murphy (C)<br>4:00 Alzheimer’s Walk Meeting (Lib)   | 30.<br>10:15 Hi/Aerobics (F)<br>11:00 Lo/Aerobics (F)<br>1:00 Bridge, Euchre, Pepper (C)<br>1:00 Happy Ripper Quilters (Craft)  |

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

| Thursday  | Friday  | Saturday  |
|---|---|---|
| 3.<br>9:00 Tax Assistance ♦ (A,B)<br>9:30 Body Wisdom Tai Chi \$♦ (F)<br>10:00 Learn to Knit (Craft)<br>10:00 Computer Assistance (Lab)<br>11:00 Crossword Puzzle/Word Search (C)<br>1:00 Beginner Line Dancing (C)<br>6:00 Clowns (Craft)  | 4.<br>9:00 Isabella Co. Collaborative Council (B)<br>10:00 Jam Session (Craft)<br>10:15 Hi/Aerobics (F)<br>10:30 Health Improvement Planning (B)<br>11:00 Lo/Aerobics (F)<br>12:30 Ukulele (Craft)<br>12:45 Bingo, sponsor Woodland Hospice (C)   | 5.  |
| 10.<br>9:30 Body Wisdom Tai Chi \$♦ (F)<br>10:00 Learn to Knit (Craft)<br>10:00 Computer Assistance (Lab)<br>11:00 Water Aerobics Potluck (A)<br>11:00 Nutrition-Dense Foods (C)<br>1:00 Beginner Line Dancing (C)<br>1:30 Drawing for All Levels \$♦ (Craft)<br>6:30 Friends of Broadway Theatre (C)<br>6:30 Community Cancer Services (Craft)<br>7:00 Mid Michigan Patriots (A)<br>7:00 Genealogy (B) | 11.<br>10:00 Jam Session (Craft)<br>10:15 Hi/Aerobics (F)<br>11:00 Lo/Aerobics (F)<br>12:30 Ukulele (Craft)<br>12:45 Meijer Bingo (C)<br>1:00 Fall & Balance Risk Assessment (A,B,F)<br>6:00 Red Hat Strutters Community Dance, \$ (B,C)  | 12.<br>7:30 Woodland Hospice 5K (C)<br>9:00 Quilt Guild (B)<br>10:00 Central Michigan Daylily (A) |
| 17.<br>9:30 Body Wisdom Tai Chi \$♦ (F)<br>10:00 Learn to Knit (Craft)<br>10:00 Computer Assistance (Lab)<br>11:00 Glaucoma presentation w/ Dr. Shalini Johnson (C)<br>1:00 Beginner Line Dancing (C)<br>1:30 Drawing for All Levels \$♦ (Craft)  | 18.<br>10:00 Jam Session (Craft)<br>10:15 Hi/Aerobics (F)<br>11:00 Lo/Aerobics (F)<br><br><i>Closing at noon today<br/>Good Friday</i>  | 19.   |
| 24.<br>8:30 Firekeepers Casino trip \$♦<br>9:30 Body Wisdom Tai Chi \$♦ (F)<br>10:00 Learn to Knit (Craft)<br>10:00 Computer Assistance (Lab)<br>11:00 Music w/Earl & Elaine Currie (C)<br>1:00 Beginner Line Dancing (C)<br>1:30 Drawing for All Levels \$♦ (Craft)  | 25.<br>10:00 Jam Session (Craft)<br>10:15 Hi/Aerobics (F)<br>11:00 Lo/Aerobics (F)<br>12:30 Ukulele (Craft)<br>12:45 Bingo, sponsor The Laurels (C)<br>2:30 FGP/SCP Recognition Event (A,B)   | 26.<br>1:30 Charlene's Guilt Group (C)<br>1:30 Ostomy Support Group (Craft)                       |
| Food With Friends<br>Monday thru Friday<br>Noon in Activity Room C<br>See our Menu on Page 12<br><br><i>Calendar Key:</i><br>♦ = Reservation Required<br>\$ = Fee for Activity  | <i>The room location for each activity is listed on the calendar for easy reference. Codes for rooms are as follows:</i><br><br>A - Activity Room A                      Craft - Arts & Crafts Room<br>B - Activity Room B                      Lab - Computer Lab<br>C - Activity Room C                      BR1 - Board Room B126<br>F - Fitness room                          BR2 - Board Room B129 |   |

**Music**

**Banjos, Guitars, Mandolins**  
First & Second Tuesday, 12:30 p.m.

**Community Dance**  
*Sponsored by the "Red Hat Strutters"*  
Friday, April 11, 6:00 - 9:00 p.m.  
\$5 donation

**Country Music**  
First & Second Tuesday, 10:00 a.m.

**Dulcimer**  
Mondays, 10:00 a.m.

**Jam Session**  
Fridays, 10:00 a.m.

**Ukulele**  
Fridays, 12:30 p.m.

**Activities to Join**

**Amateur Photography**  
Second Monday, 6:00 p.m.

**Readers Theatre Group**  
Second & Fourth Monday, 1:00 p.m.

**To Assist You**

**Computer Assistance**  
Thursdays, 10:00 a.m.

**Learn to Knit**  
First four Thursdays of the month,  
10:00 a.m.

**Classes**

**Drawing for All Levels**  
Thursdays, April 10 - May 15  
1:30 p.m., Craft Room  
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



**iPad Classes**  
Tuesday, April 15  
2:00 p.m., Room B  
No Charge

Address Books – how to add new contacts, delete others and load contacts from email sites such as Yahoo or Gmail  
FaceTime – how to make a call, access a list of recent calls, how to use FaceTime to send a message, how to block a caller, how to set a do not disturb time range but allow your favorite people to FT you anytime  
Calendar – how to add an event  
Reminders – scheduled takes, make lists.  
Please bring your iPad, Apple ID and password. No reservation required.



**Fitness/Exercise**

**Beginner Line Dancing**  
Thursdays, 1:00 - 3:00 p.m.

**Body Wisdom Tai Chi**  
Tuesdays & Thursdays, 9:30 a.m.  
April 1 - 24  
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.  
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**  
Second & Fourth Tuesday, 2:00 - 4:00 p.m.



**Hi Aerobics**  
Monday, Wednesday, Friday, 10:15 a.m.

**Lo Aerobics**  
Monday, Wednesday, Friday, 11:00 a.m.

**Square Dancing**  
Mondays, 6:30 p.m., \$5

**Water Aerobics**  
Monday - Friday, 7:30 a.m.  
Rose Pool at CMU

# TRAVEL with COA

## Life is a TRIP!

Join us for some fun adventures!  
Why not let us do the driving?  
With these prices, you can't afford to travel any other way!

Benefits of traveling with us:

- ◆ Allows you the cost savings of a group
- ◆ It's a great way to make new friends
- ◆ You'll enjoy the comfort, safety and convenience of being driven!

## Travel Policy

It is the policy of ICCOA to operate our travel program under the following policy:

- ◆ Payment is due at time of reservation.
- ◆ Cancellations made within 30 to 15 days are refundable, however a \$10 administrative fee will be charged. If cancellation is less than 14 days, payment is non-refundable.
- ◆ You will be notified at least one week prior to departure if trip is cancelled because of low numbers. A full refund will be honored should this occur.
- ◆ In the event of bad weather or other unforeseen circumstances, we reserve the right to cancel for safety reasons. We will do our best to reschedule should this occur.
- ◆ Minors under the age of 18 are welcome on certain trips but must be accompanied by an adult.
- ◆ Persons who need assistance are welcome, however they must be accompanied by an adult who can assist them. Both parties must purchase a seat for trip.

## Reservations/Payments

Mail payments to:  
COA Activity Center  
Attn: Marcy Hosking  
2200 South Lincoln Road  
Mt. Pleasant, MI 48858



## Firekeepers Casino

**Thursday, April 24**  
**\$49 per person**  
**Departs COA, 8:30 a.m.**

Join us for a day of fun at Firekeepers Casino in Battle Creek!

All players receive \$20 in Red Hot Credit and \$5 toward dining

Please reserve your seat by April 10

Take me out to the Ballpark!

## Detroit Tigers vs. Texas Rangers

**Thursday, May 22**  
**\$96 per person**  
**Departs COA, 8:30 a.m.**

Enjoy one of America's favorite pastimes at Comerica Park! Grab your family, friends, grandchildren and join us as we root, root, root for the Tigers!

Enjoy 3<sup>rd</sup> baseline Outfield Box seats (section 139, rows 31 – 35)



Includes roundtrip deluxe motor coach transportation, ticket, hot dog, chips & pop

Limited number of tickets available

Please reserve your seat by April 21

## Wineries of Old Mission Peninsula

**Thursday, June 19**  
**\$84 per person**  
**Departs COA, 9:00 a.m.**

Includes visits to Black Star Farms, Brys Estate Vineyard & Winery and Chateau Chantel wineries, roundtrip deluxe motor coach transportation, wine tasting with food pairings, tour and dinner stop on way home (dinner not included in price).  
MUST be 21 years or older



## Sunset Dinner aboard the Appledore Tallships

**Wednesday, July 23**  
**\$97 per person**  
**Departs COA, 5:30 p.m.**

Join us for an unforgettable evening of sailing on the Saginaw Bay. Enjoy a private chartered sail, the sunset, a fully catered dinner and maritime music.



Includes roundtrip deluxe motor coach transportation, dinner and entertainment.

Please reserve your seat by July 3

PLEASE CONTACT MARCY ASAP IF INTERESTED IN THIS TRIP. MUST HAVE 43 PASSENGERS.

**FWF Eat Smart Menu**

**April 2014**

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|---|--|--|--|--|
|   | 1<br>Spanish Chicken<br>Corn Bread<br>Fiesta Bean Salad<br>Peach Crisp                           | 2<br>Sloppy Joe / Bun<br>Multi Bean Salad<br>Roasted Potato Blend<br>Grape Banana Fruit Cup            | 3<br>Turkey Stew<br>Biscuit<br>Coleslaw<br>Cherry Fruit Cup                                  | 4<br>Baked Cod<br>Bread<br>Mixed Vegetables<br>Stewed Tomatoes<br>Fruit Cocktail                               |
| 7<br>Chop Suey<br>Bread<br>Brown Rice<br>Spinach<br>Tropical Fruit                                  | 8<br>Chili<br>Corn Bread<br>Tossed Salad<br>Crackers<br>Cinnamon Applesauce                      | 9<br>Lasagna<br>Dinner Roll<br>Fruited Coleslaw<br>Peas<br>Fresh Orange                                | 10<br>Chicken/Broccoli/Cheese<br>Bread<br>Baked Potato<br>Carrots<br>Pineapple Gelatin       | 11<br>Tuna Casserole<br>Bread<br>Broccoli/Cauliflower Salad<br>Corn & Lima Beans<br>Apricots                   |
| 14<br>Corn Chowder<br>Breadstick<br>Hard Cooked Egg<br>Broccoli/Citrus Salad<br>Cinnamon Applesauce | 15<br>Spaghetti<br>Garlic Toast<br>Tossed Salad<br>Peaches                                       | 16<br>Lemon Baked Chicken<br>Bread<br>Whipped Potatoes/Gravy<br>Mixed Vegetables<br>Michigan Fruit Cup | 17<br>Fish Sandwich (Trout)<br>Cauliflower/Cabbage Salad<br>Peas<br>Mixed Fruit Cup          | 18<br>NO MEALS<br><br>Good Friday<br>COA Closes at 12:00 Noon  |
| 21<br>American Goulash<br>Bread<br>Lemony Carrot Salad<br>Broccoli<br>Pears                         | 22<br>Pulled Pork / Bun<br>Kidney/Chickpea Salad<br>Steamed Cabbage<br>Cinnamon Applesauce       | 23<br>Meatloaf<br>Bread<br>Baked Potato<br>Peas & Carrots<br>Berry Fruit Cup                           | 24<br>Chicken Pattie / Bun<br>Corn<br>Lettuce and Tomato<br>Grape Banana Fruit Cup<br>Cookie | 25<br>Egg & Cheese Casserole<br>Cinnamon Roll<br>Sausage Links /Potatoes<br>Orange Juice<br>Ambrosia Fruit Cup |
| 28<br>Veal Parmesan<br>Bread<br>Peas<br>Vinaigrette Slaw<br>Tropical Fruit                          | 29<br>Chicken a la King<br>Biscuit<br>Broccoli/Cauliflower Salad<br>Carrots<br>Peaches and Pears | 30<br>Roast Pork<br>Bread<br>Squash<br>Spinach<br>Fruit Cocktail Gelatin                               |         |  |

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.-2:00 p.m.  
Katie Showers, Site Mgr. 433-0151

Last month was packed full of fun at the Rosebush Food with Friends meal site! We had Deb Birkham from Red Cross in to give us an update on what they are doing now and Art Reach came in twice to help us with a craft project. Between the guest speakers, musicians, parties and our famous Penny Bingo, we certainly were busy in March! A special thank you to Tendercare of Mt. Pleasant for providing us with ice cream and decorations for our St. Paddy’s Day celebration.

April plans to be just as busy with the toe-tapping tunes by The River Ramblers, Good Times Band and Mark Baumann. You are going to want to be with us on April 21 for a competition of egg-smashing excitement.

So join us every Monday, Wednesday and Friday in Rosebush and see what all the fun is about!

**April Calendar**

|    |   |       |
|----|---|-------|
| 2  | Penny Bingo   | 1:00  |
| 4  | National Tell A Lie Day (or are we making that up?) | 1:00  |
| 7  | The River Ramblers                                  | 1:00  |
| 9  | Penny Bingo   | 1:00  |
| 11 | Good Times Band                                     | 1:00  |
|    | Ice Cream Social                                    | 2:00  |
| 14 | Bingo w/ Prizes (Courtesy of Hospice)               | 1:00  |
|    | Red Hat Strutters                                   | 2:30  |
| 16 | Bingo w/ Prizes (Courtesy of The Laurels)           | 1:00  |
| 18 | CLOSED - Good Friday                                |       |
| 21 | Egg Drop Contest                                    | 1:00  |
| 23 | Penny Bingo   | 1:00  |
| 25 | Mark Baumann  | 1:00  |
| 28 | Monthly Birthday Celebration                        | 12:45 |
|    | Nutrition Education                                 |       |
|    | Crossword and Puzzles                               |       |
| 30 | Penny Bingo   | 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**

April showers! Grab your umbrella or raincoat and join us for friends, fun, and food.

Those celebrating a birthday this month are Bob Smith and Tim Turnbull. Come and help them celebrate on April 16.

**April Calendar**

- |    |   |       |
|----|---|-------|
| 1  | Word Search   |       |
| 2  | River Ramblers  | 10:00 |
| 3  | Bring in a craft  |       |
| 7  | No Housework Day- that's my kind of day!                    |       |
| 8  | Benefits of Bats  |       |
| 9  | River Ramblers  | 10:00 |
| 10 | Wendy-Tendercare- Nutrition/Health                          |       |
| 14 | Laugh! Laugh! Laugh!  |       |
| 15 | Library Week- Take advantage of our library next door       |       |
| 16 | River Ramblers  | 10:00 |
|    | Birthday Party  |       |
| 17 | Card Game   |       |
| 18 | CLOSED - Good Friday  |       |
| 22 | Earth Day- Celebrate the environment take care of our earth |       |
| 23 | River Ramblers  | 10:00 |
| 25 | Arbor Day- The value of trees.                              |       |
|    | What would you miss if there were no trees?                 |       |

**Shepherd United Methodist Church**

107 W. Wright, Shepherd  
Meals M-W-F, 10:00 a.m. - 2:00 p.m.  
Cindy Bromell, Site Mgr. **828-5106**

Thank you to our sponsor the Prestige Centre and our good friend Shirley Kalis for providing us with our bingo prizes for March. Our Bingo days for the Month of April will be, Friday April 11 and April 25. April 22 is EARTH DAY, a day to celebrate the environment we live in. This month we will be talking, sharing photos and stories of where we have visited and lived on this beautiful earth. Join our explorations and put your mark on our travel map. Let's see who has been where. Share your photos and stories of your journeys. April birthday celebration with cake and ice

**Winn Community Building**

2583 West Blanchard Road, Winn  
Meals M-W-F, 10:00 a.m. to 2:00 p.m.  
Denise Peltier-Pohl, Site Mgr.  
**866-2520**

The only flowers I see are those that walk in my door this spring!!! But Mother Nature and I were talking and we decided it was time for her to take a vacation. So bye to her, bring on Spring! Our April 7 birthday party will be with Nancy & Benny Lopez; followed by Les Jenkins and Rocky King and Crew on April 9!

On April 21 we will have our Easter celebration with Leon and Maxine. On April 23, it will be Rocky King and Crew, so adjust your calendars! A few words of thank you go out to John Schimmelman and Shirley VanBonn who I couldn't do without!

We are so happy to be back in the Winn Hall after all the moving around this winter. Come on in, I'm waiting for you! Great music, many smiles and of course a great meal! See You There!

**April Calendar**

- |    |  |  |
|----|--|--|
| 2  | Steve & Lois Johnson and Rocky King                                  |  |
| 7  | Birthday & Nancy & Benny Lopez                                       |  |
| 8  | Gold Key Volunteer Banquet at Mt Pleasant Commission on Aging        |  |
| 9  | The Band- Les Jenkins, Rocky King, Pat Kane, John Capon, and Friends |  |
| 14 | Jerry Waldorf and friends  |  |
| 16 | Pam and Terry Anderson   |  |
| 18 | CLOSED - Good Friday   |  |
| 21 | Easter & Leon Seiter and Maxine Vadar                                |  |
| 23 | Rocky King and Friends   |  |
| 28 | Mark Ray and Mark Baumann  |  |
| 30 | Dan Miller Band  |  |



cream is April 16. Our nutrition topic this month will be on nutrient-dense foods. 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!

**April Calendar**

- |   |   |  |
|---|---|--|
| 2 | Start mapping the places we have been!  |  |
| 4 | Range of Motion, Sit and Fit. Games, crossword puzzles and word searches.     |  |
| 7 | FOCUS, everything to do with both the physical eye and the concept of vision. |  |

**COA Activity Center**

2200 S. Lincoln Rd, Mt. Pleasant  
Meals: M thru F Open 800a.m. - 4:30p.m.  
Penny Wisney, Site Mgr. **772-0748**

A special thank you to A&D Home Care for the flower/herb pots and mint chips for the ice cream! Please join us daily for :

- |           |                      |      |
|-----------|----------------------|------|
| Monday    | Pinochle/Dominoes    | 1:00 |
| Tuesday   | Board Games/Cards    | 1:00 |
| Wednesday | Euchre/Pepper/Bridge | 1:00 |
| Thursday  | Board Games/Cards    | 1:00 |

**April Calendar**

- |    |                            |               |
|----|----------------------------|---------------|
| 1  | Country Music              | 10:00         |
|    | Banjoes/Guitars            | 12:30         |
|    | Ukrainian Eggs             | 12:30 - 1:30  |
| 2  | Where Did They Go?         | 11:00 - 12:00 |
|    | Chippewa Nature Center     |               |
| 3  | Word Search/Crossword      | 11:30         |
|    | Beginning Line Dancing     | 1:00          |
| 4  | Bingo-Woodland Hospice     | 12:45         |
| 7  | Prescription & Drug Abuse  | 11:30 - 12:00 |
| 8  | Breakfast                  | 8:00 to 9:00  |
|    | Country Music              | 10:00         |
|    | Banjoes/Guitars            | 12:30         |
| 9  | Deal or No Deal-Tendercare | 11:15         |
| 10 | Nutrition-Dense Foods      | 11:30         |
|    | Beginning Line Dancing     | 1:00          |
| 11 | Bingo-Meijer               | 2:45          |
| 14 | Craft Project-Easter       | 11:00 - 1:30  |
| 15 | Ice Cream Social           | 12:30         |
| 16 | Humor Day                  |               |
| 17 | Glaucoma-McLaren           | 11:00         |
| 18 | CLOSED - Good Friday       |               |
| 21 | Dulcimer Music             | 10:00-12:00   |
| 22 | Earth Day                  |               |
|    | Movie-"12 yrs a Slave"     | 12:45         |
| 24 | Music with Earl & Elaine   | 11:00-12:00   |
| 25 | Bingo-The Laurels          | 12:45         |
| 28 | Karaoke-Harold Helmann     | 11:15 - 1:00  |
| 29 | Wooden Flutes/Music        | 12:30 - 1:30  |
|    | Jim and Donna Murphy       |               |

**Shepherd April Calendar continued**

- |    |   |  |
|----|---|--|
| 9  | Three of the same game  |  |
| 11 | Bingo at 12:30  |  |
| 14 | Chinese checkers  |  |
| 16 | Birthday Party for Beth                                       |  |
| 18 | CLOSED - Good Friday  |  |
| 21 | Sit and fit and your choose of any board game or card game    |  |
| 23 | EARTH DAY Share the places we have been throughout the years. |  |
| 25 | Arbor Day Bingo at 12:30.                                     |  |
| 28 | Board games and Sit and Fit                                   |  |
| 30 | Pretzel Day enjoy a soft pretzel                              |  |

## IN MEMORY OF

**Theda Mae LaLone**

Jerry & Ruth Fancovic  
Betty J. Hauck  
Bill & Charlotte Funnell

**Emogene Bushey**

Brian & Veronica Myers

**Rosie West**

Betty J. Hauck

**Rosie Decker Wolfgang**

Neva Jean Cole

**Rosemary Mogg**

Randy, Jack & Norma Mogg

**Neil & Audrey Langlois**

Sally Merrifield

**Theresa Langlois**

Sally Merrifield

**Leona Bufford**

Sally Merrifield

**Eugene McBride**

Vivian McBride

**Edward Zuker**

Catherine Garrett  
Carrie & Jerry Wieferrich  
Ruth Martin

**Ivan Hines**

Donna Hines

**Bob Lodes**

Janet Lodes

**Neva Ellen Baxter**

Jeanette Wedding  
Carl Baxter

**Edward Vogel**

Donald & Norma Crawford  
Dolores June Schumacher  
Jill Noch  
Vickie & Kenneth Block

**Edward Vogel**

Richard & Sara Moser  
Derek & Shelly Shepard  
Robin & Kelly Shepard  
Linda Morey  
Thayne & Judy Geroux  
Anonymous

Activity Center  
In Memory of

**Theda LaLone**

Morval LaLone  
Anonymous

Active Living  
In Memory of

**Mr. & Mrs. Fred McDonald**

Barbara McDonald

**Deceased McDonald Family Members**

Barbara McDonald

**Ann Varga**

Barbara McDonald

**Betty Ohlrich**

Gene Ohlrich

**Veronica Schutt Methner**

Veronica Schutt

**Donovan Schutt**

Veronica Schutt

**Vivian Vanas**

Joe Vanas

Volunteer Transportation  
In Memory of

**Margaret Arnold Nash**  
**AKA "Rosie the Riveter"**

Lawrence & Sally Foote

## Active Living Needs Support

Do you subscribe to Active Living? Have you donated to Active Living recently? **Please** consider donating to Active LIVING. What about a gift subscription to Active Living for a loved one? You can use the form on the back page.

**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

Paul Kavanaugh  
Robert & Eileen Rankin  
Dallas & Beverly McClain

In- Home Services

Art Barton

Food with Friends

Home Delivered Meals

Stan & Ann Klumpp

Transportation

Connie Hildebrand  
Jean & Richard Thomas  
First United Methodist Church  
Pat Siuda  
Rose Wayoff  
Melvin Onuskanich

## Donations to ACTIVE LIVING

|                     |                     |                   |
|---------------------|---------------------|-------------------|
| Mary Jean Rodenbo   | Kathleen McIntosh   | Joyce & Ronald    |
| Alice Gauthier      | Rose Pope           | Griffiths         |
| Shirley Wilbur      | Bruce & Jane        | Roy & Joyce       |
| Glenna Clendening   | Roethlisberger      | Peabody           |
| Mary Gaudette       | Roger & Sally Cole  | Shirley Abbott    |
| Linda Marie Hancock | Stan & Ann Klumpp   | Jean Richardson   |
| Joanne Correll      | Dianna English      | Harold Billings   |
| Dorothy Snyder      | Robert & Eileen     | Corliss Mueller   |
| Steve Davis         | Rankin              | Bruce & Rose      |
| Gary Kramer         | Janet Lodes         | Jackson           |
| Ruth Foglesong      | Don & Dolores       | Katherine         |
| June Powell         | Krueger             | Hougaboom         |
| Don & Gerri Bissell | Cliff & Joyce Stacy | Marjorie Barrett  |
| Jenny McClure       | Everett & Betty     | Kim Douglas-Waugh |
| Marlene Porter      | Schafer             | Richard & Carol   |
| Michael & Barbara   | Marilyn & John      | Wood              |
| McHugh              | Zerbe               | Dallas & Beverly  |
| Susanna & William   | Judy Roslund        | McClain           |
| Gepford             | Velma Burr          | Ralph Coffman     |
| Joanne Lindfors     |                     | Donna Bell Turner |

## Weidman Activities (WCC)

**Weidman Community Center Bridge St.**

### **Mondays & Tuesdays--WCC**

Beginner Line Dancing --9:00-11:00 a.m.  
 Low Impact Exercise—11:30 a.m. Bring your own resistance band.  
 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**

### **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.  
 Low Impact Exercise—11:30 a.m. Bring your own resistance band.

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

**April 4, 11, & 18 AERIE #4540 FISH FRY'S** (Fridays 4:00 to 8:00pm) Open to the Public. Serving all you can eat fish (wet or dry) vegetable, potato, dessert, and beverage. \$10.00 Adults Children 12 & under \$5.00

**Saturday, April 26, 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   |
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| District 3 | Shirley Decker     |
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## Friends of Isabella Seniors Board of Directors

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### 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.*

**Take me out to the Ballpark!**  
**Detroit Tigers**  
 vs.  
**Texas Rangers**  
**Thursday, May 22**  
**\$96 per person**  
**Departs COA, 8:30 a.m.**



**Join us as we root for the Tigers!**  
**Enjoy 3<sup>rd</sup> baseline Outfield Box seats**  
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**Includes roundtrip deluxe motor**  
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