

Active LIVING

Volume 115 Issue 12
December 2015

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

Need a **Holiday Gift?**

Give your loved one the gift of **TRAVEL**

Purchase a gift certificate for travel with Commission on Aging.

You can purchase a gift certificate for a specific trip or give them a generic one for a specific amount and let them choose where they'd like to go.

Commission on Aging trips are open to all ages, safe, affordable, escorted and most of all FUN!

Stop by Commission on Aging to purchase a gift certificate.

For more information contact Marcy at (989) 772-0748.



HAPPY HOLIDAYS

from the Isabella County Commission on Aging staff



Central Michigan University Women's Basketball Game

Monday, December 21
\$10 per person
Gather at COA, 11:30 a.m.
2:00 p.m. tip off

Join us for lunch and "mock"tails before we head to McGuirk Arena to watch the
Lady Chippewas
take on the
Southern Illinois University Edwardsville Cougars!

Includes lunch, transportation and
ticket to game

Contact Marcy at (989) 772-0748 to reserve
your space. Payment due by December 15.

 **FIRE UP CHIPS!**

Director’s Comments

For the fifth year in a row the Commission on Aging was again the lucky recipient of the Daniel Breidenstein Living Memorial Auction, which took place Saturday, November 7. Lois Breidenstein, her family and the employees at The Bird Bar & Grill have organized and conducted an annual auction to benefit community service organizations for 28 years. We consider ourselves to be very fortunate to once again be selected and honored by the Breidenstein Family.



The Breidenstein Family and the employees of The Bird Bar and Grill do all the work. They contact a variety of community businesses and individuals and ask them if they would be willing to donate items that could be auctioned at their fund raiser. The auction started at 4:00 p.m. and finished at approximately 7:30 p.m. The Bird was packed with people. Nearly all of them participated either in the live auction and/or the raffles. It is easily the best time I have ever had at a fund raiser. And that is due to the fact that Lois, her family and her employees work hard at pulling the auction together and managing it throughout the evening. Everyone is guaranteed a good time.

The Commission on Aging is so very grateful to Lois Breidenstein, her family and her employees. It takes a lot of time and hard work to bring the auction together. We truly appreciate being the recipient of their efforts. This year’s auction brought in \$9,675.00. Over the last five years The Bird Auction has generated over \$40,000.00 for the Commission on Aging. All of this funding has stayed right here in Isabella County and has been used to reimburse our volunteers for the mileage they have generated when delivering meals, transporting clients to medical appointments, providing Friendly Visiting and volunteering as a Foster Grandparent or Senior Companion. During our last fiscal year alone our volunteers drove over 175,000 miles and provided over 59,000 hours of care to our program participants. The proceeds from The Bird Auction are a valuable contribution to the success of all our volunteer programs.

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

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

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

Volunteer Opportunities

Reception Ambassadors

Do you have experience working with a multi-line phone? Have you worked in customer service? Are you looking for a way to give back to the community? If you enjoy a professional office atmosphere which includes greeting visitors and performing general clerical duties, the Commission on Aging needs you! We are looking for volunteers to work as a Reception Ambassador once per week from 8:00 a.m. to 12:15 p.m. or from 12:15 to 4:30 p.m. For information, please call Anna McDonald (989) 772-0748.

Volunteer Drivers Needed

The Isabella County Commission on Aging is seeking volunteers with a good driving record who enjoy working with older adults. Gold Key Volunteer Drivers are needed to transport adults aged 60 years and older to medical appointments and grocery shopping.

Volunteer Drivers are also needed to deliver lunchtime meals to homebound adults one day per week (Monday through Friday) in various areas within Isabella County, including Shepherd, Winn, Rosebush, Weidman and Mt. Pleasant. Individuals can be available as little as three hours per week.

Gold Key Volunteer Drivers use their own vehicles, donate their time and are reimbursed for their mileage at \$.50 per mile.

Please call the Gold Key Volunteer program at (989) 772-0748 for more information.

**Commission on Aging
Activity Center
and Food with Friends Sites
will be CLOSED
Thursday & Friday,
December 24 & 25
Thursday & Friday,
December 31 & January 1**

Ask a COA Specialist

Question: Heating my home has become a financial strain. I often wonder if I will have enough money to purchase propane all winter. If I do get behind in payments, are there programs that offer assistance?

Answer: If you find yourself in need of assistance, one of the first things you should do is contact your utility company. Most of them already have programs in place to help customers in need, and they can help you establish a manageable budget plan to stop your utilities from being shut off. In addition, there are numerous public and private programs available for Isabella County residents. These programs may help with financial assistance towards your bill or energy savings tips that may lower your heating expenses.

Please contact the following organizations for more information on how to apply:

Isabella County Commission on Aging

(60 years of age and older)
2200 S. Lincoln Rd, Mt. Pleasant
(989)772-0748

Department of Health and Human Services

1919 Parkland Drive, Mt. Pleasant
(989) 772-8400

Eightcap

310 W. Michigan St, Mt. Pleasant
(989) 772-0110

Heat and Warmth Fund (THAW)

535 Griswold Street, Suite 200, Detroit, MI 48226
(313) 226-9465

Salvation Army

1308 Burch St, Mt. Pleasant
(989) 773-4663

TrueNorth Heat and Energy Assistance Program (emPower)

PO Box 149, Fremont, MI 49412
(231) 924-0641, ext. 155 or (855) 300-8013

Mail questions to:

Ask a COA Specialist
Isabella County Commission on Aging
2200 S. Lincoln Rd.
Mt Pleasant, MI 48858
(989)772-0748 ext. 236
fax (989)773-0514

Mission Moment

As the holidays draw near, I thought I would write about some of the things I am thankful for. The usual list came to mind - my parents, siblings, grandmother, friends, health, job at COA, and most of all, my two beautiful children! I'm sure when you think of things you're thankful for some of those same things come to mind.

I came across another list of things to be thankful for that I wanted to share. Some are sincere, some are humorous and some are based on things we tend to complain about!

- The freedom we enjoy in this country when it comes to major choices, such as whether or not to listen to Christmas music before Thanksgiving.
- The thought that you are on the minds of family members and friends during this holiday season as they excitedly scheme what to buy you for Christmas.
- Cold weather, which gives you an excuse to cover up a bad hair day with a hat.
- The fact that, even though it's cold, you live in 2015 not 1814, when there definitely were no thermostats, electric blankets or the ability to start your car from inside your house.
- Online shopping + free shipping = convenient Christmas shopping in your pajamas while also catching up on all the TV episodes you DVR'd.
- Holiday leftovers.
- The anticipation of a lot of holiday parties with food wrapped in bacon.
- The comfort of knowing that January 1 is a fresh start if you indulge in too many of those "bacony" delights.
- The long lines at the grocery stores and the malls testifying to the fact that you are not the only one in your community who's blessed enough to feed your family and purchase Christmas gifts for them.
- The comments people make about how nice you smell, which is because you've been applying lotion every five minutes in a futile combat against dry, cracking, wintery skin.
- Hearing the same story for the hundredth time from your uncle because you've figured out exactly which questions to unassumingly ask to make his storytelling extra funny.
- Holiday deadlines at work that force you to work efficiently and make you feel really productive and accomplished.
- The familiarity of Christmas songs that are the same year after year after year.
- The ability you have to go shopping on December 26 and buy yourself that thing you really wanted for Christmas if it turns out no one bought it for you (this was much more difficult when you were seven years old with no driver's license and no money).
- Young children/grandchildren, sickness, bad weather or any other valid excuses you can use to skip out early on boring holiday parties.

Diane Kerr – blogger, writer and speaker, November 2014

Whatever you are thankful for, I hope you have a very merry, bright and healthy holiday season!

Marcy Hosking, Activity Program Coordinator

Events/Classes

December Class



“The Christmas Tree Lot”

Wednesday, December 2
4:00 - 6:00 p.m.
COA Room C
\$25 per person
(all supplies included)

Let Award Winning Television Artist Steve Wood help develop the “artist” in you. You don’t have to be “born with the gift” to be a great painter. Steve’s methods are applicable to the beginner as well as the advanced painter. Create an 11 x 14 acrylic landscape painting in class.

Register at Commission on Aging. Payment due upon registration. Don’t wait! Register TODAY! The last class was a sell out! For more information, contact Marcy at (989) 772-0748.

January 6 class - “Covered Bridge ”

Ugly Sweater
Contest

Friday, December 11
11:00 a.m.
COA Room C



Join us at the for lunch at COA and enter our Ugly Sweater Contest.

Call Katie at least 24 hours in advance for lunch reservations, (989) 772-0748.

**Sweaters may be homemade or purchased from store*

Holiday Music Concert

Saturday, December 12
6:30 p.m.
COA Room A

Commission on Aging is please to present a Holiday Music Concert with the residents of Crestwood Village. Their bell choir will be ringing beautiful holiday music. Please join us for a festive bell choir performance. The night will begin with entertainment followed by the Senior Bell Choir. Refreshments to follow.

Call (989) 772-0748 to register.

iPad Workshop

Tuesday, December 15
2:00 p.m.
COA Room B

What's new with iOS 9? Join us as we take a look at all of the new features and upgrades of iOS 9.

No registration required.

December Movie & Popcorn
“Miracle on 34th Street”

Tuesday, December 22
12:45 p.m.
COA Room B
\$1 per person

In this Christmas classic, an old man going by the name of Kris Kringle (Edmund Gwenn) fills in for an intoxicated Santa in Macy's annual Thanksgiving Day parade. Kringle proves to be such a hit that he is soon appearing regularly at the chain's main store in midtown Manhattan. When Kringle surprises customers and employees alike by claiming that he really is Santa Claus, it leads to a court case to determine his mental health, and, more importantly, his authenticity.

Call Katie at least 24 hours in advance to register, (989) 772-0748.

Intergenerational Creative Art
Partners in Painting

Saturday, January 16 - March 5
10:00 a.m. - 12:00 p.m.
COA Craft Room

Join us for 8 mornings of creative beautiful art with the help or our painting expert in a step-by-step tutorial. Even the least experienced painter will create something masterful. We invite you to bring your grandchild or grand friend to be partners in painting! Each pair will be provided with supplies to create their own masterpiece. Please dress comfortably in clothes suitable for creativity!

This free event is hosted by CEHS Institute of Intergenerational Relationships.

Caregiver Support Group

Our next Caregiver Support Meeting will Tuesday, December 15 at the Isabella County Commission on Aging, 2200 S. Lincoln Rd. The meeting is held from 6:30-8:00 p.m. This confidential support 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 available. If you have any questions, call (989) 772-0748.

Thank You

The Commission on Aging held our annual Holiday Bazaar & Craft Show November 14. This year we had 50+ vendors that sold mittens, bird houses, floral arrangements, hats, ornaments, jewelry and so much more. Many attended and purchased gifts for friends, family and even themselves! The day included a raffle, bake sale, door prizes and lunch (which was quite yummy)!

Thank you to the vendors, raffle and bake sale donors, volunteers and the many shoppers that made this such a successful event!

For lucky winners took home beautiful handmade quilts.

1st Prize – WINNER: Sue Courington
My Dresses Quilt made by Diane Sever and Quilted by Judy Hunt

2nd Prize – WINNER: John Dinse
Cathedral Window (all done by hand) made by Diane Sever

3rd Prize – WINNER: Denise Pohl
Sunbonnet Quilt made by Diane Sever and Quilted by Diane Benn

4th Prize – WINNER: Michelle Hill
Floral Trio Wall made by Linda Craig

Proceeds from the raffle benefit the Gold Key Needle Crafts program. Last year Gold Key Volunteer Needle Crafters donated over 3,500 items to Isabella County individuals in need.

*Pictured are:
Sue Courington and John Dinse,
1st and 2nd prize winners*



FREE TAX PREPARATION AVAILABLE

The Isabella County Commission on Aging is once again coordinating 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. Appointments for all sites except Dover Court, Riverview and Winchester Towers must be made by calling the Commission on Aging. Dover Court, Riverview and Winchester Towers 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 locations, dates and times for the free tax preparation **BY APPOINTMENT ONLY**.

CALL for APPOINTMENT (989) 772-0748.
DO NOT CALL for APPOINTMENT UNTIL JAN. 19, 2016

COMMISSION on AGING, MT. PLEASANT

Thursdays, February 4 - April 7

Tuesday, March 29

Wednesday, April 6
10:00 a.m. - 3:30 p.m.

BLANCHARD LIBRARY/ROLLAND TOWNSHIP HALL

Tuesdays, February 9 & 23 and March 15

10:45 a.m. - 2:00 p.m.

WEIDMAN SENIOR CENTER

Tuesdays, February 2 & 16 and March 8 & 22

1:15 - 4:30 p.m.

SHEPHERD, COE TOWNSHIP LIBRARY

Wednesdays, February 17 and March 9, 11:30 a.m. to 4:00 p.m.

ROSEBUSH - FAITH MEMORIAL LIBRARY

Tuesday, March 1

12:45 - 4:00 p.m.

RESIDENTS of Dover Court, Riverview and Winchester Towers:
CALL YOUR BUILDING OFFICE for RESERVATIONS,
DATES and TIMES. LIMITED to RESIDENTS.

TAX PAYERS MUST BRING SOCIAL SECURITY CARDS - NOT MEDICARE CARDS - AND BLANK CHECKS IF DIRECT DEPOSIT IS DESIRED

TRAVEL with COA

Contact Marcy at (989) 772-0748 for more information or to register for travel



Snowfest Lunch

Thursday, January 28, 2016
\$86 per person
Departs COA, 9:00 a.m.

Enjoy the famous Zehnder’s 2-Piece Chicken Luncheon. Then be entertained by top notch musicians and comedians. You are invited to see the newest rage in interactive entertainment...“Dueling Pianos” – a modern day vaudeville act! These two pianists are your ringmasters for the day and will play the rockin’ oldies hits of yesterday and today. They run the show and will get you clapping, laughing and singing. They are comedians as well as top-notch musicians with an unbelievable repertoire of music.

Includes transportation, lunch, show and driver tip.

Reservation & payment due by Dec. 23.



Detroit Red Wings

Sunday February 14
\$124 per person
Departs COA, 10:30 a.m.

Spend Valentine’s Day at the Joe watching the **Detroit Red Wings** take on the Boston Bruins!

Section 225b and 226a, rows 8 - 14

Includes transportation, ticket and driver tip.

Reservation & payment due by Jan. 8.



Blain’s Jumpin’ Jubilee

Wednesday, March 16
\$86 per person
Departs COA, 9:00 a.m.

Saturday nights will never be the same! Enjoy this entertaining variety show of southern hospitality and a lighter look into Southern culture. Simple folks doing what they do best, entertaining each other and the audience too. This Musical Comedy is a real crowd pleaser, with great songs like Blue Moon of Kentucky, Ruby Are You Mad At Me?, Love Letters and I’m going Back To Old Kentucky.

When you arrive at the doors to our Dinner Theatre our wait staff will seat you at your reserved table. A house salad and soup will be served to you. Then our wait staff will dismiss you to the buffet. Buffet includes carved roasted turkey, mashed potatoes, sage dressing, gravy and 2 vegetables. Homemade dinner rolls and Grandma’s cranberry relish will be brought to your table. Followed by your 3 choices for dessert. You will have some time to walk around and visit our bakery, ice cream parlor and gift shop. At this point our wait staff will clear your table and hand out programs for the show to start at 2:00 p.m.

Enjoy a traditional style turkey lunch accompanied by contagious entertainment. It's laughter, food and fun!

Includes transportation, lunch, show, tips & gratuities.

Reservation & payment due by Feb. 12.



Saturday, April 2
\$129 per person
Departs COA, 12:00 p.m.

The International Irish dance phenomenon is back by popular demand in

Riverdance - The 20th Anniversary World Tour
Drawing on Irish traditions, the combined talents of the performers propel Irish dancing and music into the present day, capturing the imagination of audiences across all ages and cultures in an innovative and exciting blend of dance, music and song. Of all the performances to emerge from Ireland - in rock, music, theatre and film - nothing has carried the energy, the sensuality and the spectacle of Riverdance.

Composed by Bill Whelan, produced by Moya Doherty and directed by John McColgan.

Includes transportation, show, dinner at Clara’s Lansing Station, tips and gratuities.

Dinner choices include:

CLUB CAR CHICKEN HAWAIIAN
six-ounce portion of our delightfully marinated and char-broiled chicken breast

CLUB CAR PORK CHOP
eight-ounce center cut pork chop, char-broiled

CLUB CAR TOP SIRLOIN
six-ounce top sirloin, char-broiled to your request

CLUB CAR TILAPIA
single filet of a mild, cold water white fish seasoned with Old Bay spice.

MEAT LASAGNA
tender noodles layered with ricotta, provolone and cottage cheeses, mushrooms, onions, sausage and a spicy sauce

BAKED MANICOTTI
baked egg pasta stuffed with a delicately seasoned ricotta and Parmesan cheese filling, covered with marinara sauce and fresh grated Parmesan cheese

All items served with salad, roll and non-alcoholic beverage. Each meal (excluding Lasagna and Baked Manicotti) will include choice of a baked potato or garden rice.

Reservation & payment due by February 1.

more TRAVEL



May 23
at
The Dow Event Center
more information coming in
January 2016 Active Living

TRAVEL POLICY

- *Cancellations made within 30 days may be refundable, however a \$10 administrative fee will be charged.*
- *For cancellations less than 30 days, payment is non-refundable, unless there is a waiting list. If a ticket has been purchased from a vendor, payment is not 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 unforeseen circumstances, we reserve the right to cancel. 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.*

Fitness Classes

For more information contact Marcy at (989) 772-0748

Aqua Zumba

Splash your way into shape with an invigorating, low-impact aquatic workout. Aqua Zumba® gives new meaning to the idea of a refreshing workout. Integrating the Zumba philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into a workout that's cardio-conditioning, toning and exhilarating!

Tuesdays & Thursdays
7:00 - 8:00 a.m.

CMU Rose Pool

12 classes for \$36 (*punch card*)
expires when punches are used or
7 weeks after issue date

Punch card available for purchase at COA.

Hula Class

Come learn the hula as well as other Polynesian dances. The music and movements are fun to do. All ages and levels of ability are welcome. Wear comfortable clothing, barefoot optional.

Thursdays
5:30 - 7:00 p.m.
COA Fitness Room
No Charge

Line Dancing

Pre-Beginner
3rd Tuesday
1:00 - 3:00 p.m.
No Charge

Beginner
Thursdays
1:00 - 3:00 p.m.
COA Room C
No Charge

Intermediate
2nd & 4th Tuesday
2:00 - 4:00 p.m.
COA Room C
No Charge

Low-Impact Exercise

Mondays, Wednesdays & Fridays
10:15 a.m.
COA Fitness Room
No charge

Yoga

Zen Yoga, tai-chi with yoga breathing and gentle range of motion movements. Includes Yin Yoga; gentle holding positions for hips, lower back and shoulders.

Tuesdays
1:30 - 2:30 p.m.
COA Fitness Room

6 classes for \$30 (*punch card*)
expires when punches are used or 7 weeks
after issue date

12 classes for \$55 (*punch card*)
expires when punches are used or 14 weeks
after issue date

Please bring your own mat.

Punch card available for purchase at COA.

Zumba Gold

Designed for beginners and older adults using modified, low impact moves. Easy-to-follow moves. An energizing workout that burns calories and tones muscles.

Thursdays
4:00 - 5:00 p.m.
COA Fitness Room

6 classes for \$18 (*punch card*)
expires when punches are used or
7 weeks after issue date

12 classes for \$30 (*punch card*)
expires when punches are used or
14 weeks after issue date

Punch card available for purchase at COA.

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

| Monday | Tuesday | Wednesday |
|--|--|--|
| <p>Food with Friends lunch is served Monday thru Friday at 12:00 p.m. in Activity Room C. See our Menu on Page 10</p> <p><i>Calendar Key:</i> ◆ = Reservation Required \$ = Fee for Activity</p> | <p>1. All Day Medicare Part D appts. ◆ (Lab, CF) 7:00 Aqua Zumba \$◆ (Rose) 10:00 The Music Makers (C) 12:30 Banjos, Guitars, Mandolins (C) 1:30 Yoga \$◆ (F)</p> | <p>2. 7:30 Water Aerobics \$◆ (Rose) 10:00 Computer Assistance 10:15 Low-Impact Exercise (F) 12:00 COA Advisory Council (BR) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 4:00 Anyone Can Paint \$◆ (C)</p> |
| <p>7. 7:30 Water Aerobics \$◆ (Rose) 10:00 Dulcimers (Craft) 10:15 Low-Impact Exercise (F) 1:00 Dominos & Pinochle (C) 1:00 Legal Services (CF)</p> | <p>8. 7:00 Aqua Zumba \$◆ (Rose) 8:30 Volunteer Breakfast ◆ (A,B) 10:00 The Music Makers (C) 10:00 Needle Crafters (Craft) 11:00 Holiday card making (C) 12:30 Banjos, Guitars, Mandolins (C) 1:00 CMU Bridge (Craft) 1:30 Yoga \$◆ (F) 2:00 Intermediate Line Dancing (C) 2:30 FGP/SCP Advisory Council (B)</p> | <p>9. 7:30 Water Aerobics \$◆ (Rose) 9:00 Art Group (Craft) 9:30 Holiday Traditions Around the World At Meijer Gardens \$◆ 10:00 Computer Assistance 10:15 Low-Impact Exercise (F) 11:15 Deal or No Deal w/Medilodge 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 1:00 Book Club (Lib)</p> |
| <p>14. 7:30 Water Aerobics \$◆ (Rose) 10:00 Dulcimers (Craft) 10:15 Low-Impact Exercise (F) 1:00 Dominos & Pinochle (C) 1:00 Readers’ Theater (Craft)</p> | <p>15. 7:00 Aqua Zumba \$◆ (Rose) 8:30 Friends of Isabella Seniors (BR1) 11:00 Chocolate dipped pretzels (C) 1:00 Pre-Beginner Line Dancing (C) 1:30 Yoga \$◆ (F) 2:00 iPad Workshop (B) 6:30 Caregiver Support Group (Craft)</p> | <p>16. 7:30 Water Aerobics \$◆ (Rose) 10:00 Computer Assistance 10:15 Low-Impact Exercise (F) 11:00 Bingo w/Crestwood Village (C) 1:00 Second Hand Book Club (Lib) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 2:00 Reception Ambassador training (B)</p> |
| <p>21. 7:30 Water Aerobics \$◆ (Rose) <i>CANCELLED</i> 10:00 Dulcimers (Craft) <i>CANCELLED</i> 10:15 Low-Impact Exercise (F) 12:00 CMU Women’s Basketball Game \$◆ (A) 1:00 Dominos & Pinochle (C) 1:00 Legal Services (CF)</p> | <p>22. 7:00 Aqua Zumba \$◆ (Rose) <i>CANCELLED</i> 11:00 Mary Kay Pampering (C) 12:45 Movie, “Miracle on 34th Street” \$◆ (B) 1:00 CMU Bridge (Craft) 1:30 Yoga \$◆ (F) 2:00 Intermediate Line Dancing (C)</p> | <p>23. 7:30 Water Aerobics \$◆ (Rose) <i>CANCELLED</i> 9:00 Art Group (Craft) 10:00 Computer Assistance 10:15 Low-Impact Exercise (F) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft)</p> |
| <p>28. 7:30 Water Aerobics \$◆ (Rose) <i>CANCELLED</i> 10:00 Dulcimers (Craft) <i>CANCELLED</i> 10:15 Low-Impact Exercise (F) 1:00 Dominos & Pinochle (C) 1:00 Readers’ Theater (Craft)</p> | <p>29. 7:00 Aqua Zumba \$◆ (Rose) <i>CANCELLED</i> 1:30 Yoga \$◆ (F)</p> | <p>30. 7:30 Water Aerobics \$◆ (Rose) <i>CANCELLED</i> 10:00 Computer Assistance 10:15 Low-Impact Exercise (F) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft)</p> |

| Thursday | Friday | Saturday |
|--|--|--|
| 3. All Day Medicare Part D appts. ♦ (Lab, CF) 7:00 Aqua Zumba \$♦ (Rose) 10:00 Learn to Knit (Craft) 11:00 Drink coaster craft (C) 1:00 Beginner Line Dancing (C) <i>CANCELLED</i> 4:00 Zumba Gold \$♦ (F) 5:30 Hula Class (F) | 4. 8:00 Water Aerobics \$♦ (Rose) 9:30 FGP/SCP Holiday Party (A,B) 10:00 Friday Jam (Craft) 10:15 Low-Impact Exercise (F) 12:30 Ukulele (Craft) 12:45 Bingo w/Woodland Hospice (C) | 5. 10:00 Holiday Tea \$♦ (A) |
| 10. 7:00 Aqua Zumba \$♦ (Rose) 10:00 Learn to Knit (Craft) 11:00 Jeopardy (C) 1:00 Beginner Line Dancing (C) <i>CANCELLED</i> 4:00 Zumba Gold \$♦ (F) 5:30 Hula Class (F) | 11. 7:30 Water Aerobics \$♦ (Rose) 10:00 Friday Jam (Craft) 10:15 Low-Impact Exercise (F) 11:00 Ugly Sweater Contest (C) 12:30 Ukulele (Craft) 12:45 Bingo w/Medilodge (C) | 12. 6:30 Holiday Entertainment w/ residents of Crestwood Village |
| 17. 7:00 Aqua Zumba \$♦ (Rose) 10:00 Learn to Knit (Craft) 11:00 Gift bags & boxes (C) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$♦ (F) 5:30 Hula Class (F) | 18. 7:30 Water Aerobics \$♦ (Rose) 10:00 Friday Jam (Craft) 10:15 Low-Impact Exercise (F) 11:00 Holiday Part (C) 12:30 Ukulele (Craft) 12:45 Bingo w/Prestige Centre (C) 6:30 Red Hat Strutters Dance \$ (C) | 19. |
| 24. Christmas Eve ACTIVITY CENTER and all FWF SITES CLOSED | 25. Christmas ACTIVITY CENTER and all FWF SITES CLOSED | 26. |
| 31. New Year's Eve ACTIVITY CENTER and all FWF SITES CLOSED | The room/location for each activity is listed on the calendar for reference. Codes for rooms/locations are as follows: A - Activity Room A Craft - Arts & Crafts Room CF - Conference Room B - Activity Room B F - Fitness room BR1 - Board Room C - Activity Room C Lab - Computer Lab Rose - Rose Pool | |

| FWF Eat Smart Menu | | | | December 2015 |
|---|---|--|--|--|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| | Potato Crunch Fish Oven Roasted Potatoes Mixed Vegetables Pears | Smothered Chicken Scalloped Potatoes Peas & Carrots Citrus Fruit Cup | Sliced Turkey Mashed Potatoes/Gravy Spinach Berry Fruit Cup | Broccoli/Chicken& Cheese Capri Blend 24 hour Cabbage Slaw Cinnamon Applesauce |
| Chicken Pattie/Bun Rice Pilaf Broccoli Citrus Salad Apricots | Meatloaf Mashed Potatoes/Gravy Brussel Sprouts Strawberries | Goulash Green Beans Corn Peaches & Pears | Baked Chicken Baked Potato Coleslaw Applesauce | Corn Chowder Bread Sticks Hard Boiled Egg Tossed Salad Fruit Cocktail |
| Chop Suey Rice Kyoto Vegetable Peaches | Smothered Chicken Redskin Potatoes Squash Pears | Baked Ham Company Potatoes Steamed Cabbage Pumpkin Custard Dinner Roll | Lasagna Tossed Salad Garlic Toast Pineapple Tidbits | Potato Crunch Fish Baked Potato Mixed Vegetables Fruited Gelatin |
| Chili Corn Bread Corn Applesauce | Spaghetti Bread Sticks Peas Tossed Salad Peaches | Macaroni & Cheese Carrots Green Beans Mixed Fruit | CLOSED Christmas Eve | CLOSED Christmas Day |
| Meatballs Redskin Potatoes Kyoto Vegetables Pineapple & Oranges | Pork Chop Mashed Potatoes/Gravy Tossed Salad Cinnamon Applesauce | Chicken Ala King Biscuit Peas Tropical fruit | CLOSED New Year's Eve | |
| 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 Rd., Rosebush
Meals M, W, F, 10:00 a.m. - 2:00 p.m.
Michelle Orwig, Site Mgr., (989) 433-0151

Brrr, it's getting cold outside! Why not come into the Rosebush Food with Friends site and enjoy a warm, delicious meal? The month of December is filled with some great activities and musical entertainment. A very special thank you to our musicians. This is a great time to come in and meet some wonderful, new people and see what the Food with Friends program is all about. We look forward to seeing you...Happy Holidays!

Rosebush DECEMBER Calendar

- 2 Penny Bingo
- 4 Music by Vicky Dexter
- 7 Music by The River Ramblers
- 9 Penny Bingo
- 11 Good Times Music, Ice Cream Social
- 14 Bingo with prizes w/ Woodland Hospice
- 16 Bingo with prizes w/The Laurels
- 18 Music by Greg Merwin
- 21 Wheel of Fortune for Prizes
- 23 Penny Bingo
- 25 CLOSED - Christmas
- 28 Music TBA
- 30 Penny Bingo

**All activities are provided in conjunction with Rosebush Manor*

SHEPHERD

UNITED METHODIST CHURCH
107 W. Wright, Shepherd
Meals M, W, F, 10:00 a.m. - 2:00 p.m.
Cindy Bromell, Site Mgr., (989) 828-5106

“It’s the most Hap, Hap, Happiest time of the year”...Join in on our fun! We’ll have Bingo and Cribbage, card games and nice dinners. The “Pickers” will be here to play us live music. There will be a birthday party with cake. We’ll bake cookies and make snowflakes. Come get in the spirit with us!

Shepherd DECEMBER Calendar

- 2 Cribbage, Ornament making
- 4 Tree decorating, hot cocoa & cookies
- 7 Cribbage, card games
- 9 Snowflake Day, wear white and make a paper snowflake
- 11 Bingo
- 14 3 of the Same Trivia game
- 16 Birthday party, music w/ The Pickers
- 18 Chocolate fondue party
- 21 Winter solstice
- 23 Make cookies
- 25 CLOSED - Christmas
- 28 Cribbage, card games

WINN COMMUNITY BUILDING

2583 W. Blanchard Road, Winn
Meals M, W, F, 10:00 a.m. - 2:00 p.m.
Denise Peltier-Pohl, Site Mgr.
(989) 866-2520

Come on in, it’s always fun at Winn! Our December birthday party will be celebrated December 8 with Jack Salisbury. Our holiday party will be December 23 with Darlene & Les and gang...and Santa. \$5 gift exchange if you’d like to participate. The Louisells will round out our 2015 year. They are always a great show, don’t miss out! Stop in and see us in Winn. Happy Holidays to you!

Winn DECEMBER Calendar

- 2 Dan Miller - The Country Legends
- 4 Visiting, cards
- 8 Birthday party w/Jack Salisbury
- 9 Strickly Country Bank
- 11 Visiting, cards
- 14 Vicky Dexter
- 16 The Midnight Express
- 18 Visiting, cards
- 21 Leon Seiter, Lyle Thrush, Bruce Frost
- 23 Holiday party
Les & Darlene, Santa, \$5 gift exchange
- 24 CLOSED - Christmas Eve
- 25 CLOSED - Christmas
- 28 Mark Rau & Mark Baumann
- 30 The Louisells

COA ACTIVITY CENTER

2200 S. Lincoln Rd, Mt. Pleasant
Meals: M - F, 8:00 a.m. - 4:30 p.m.
Katie Showers, Site Mgr., (989) 772-0748

The FWF Activity Center activities are listed below. Please refer to the Activity Center calendar on pages 8 and 9 for additional activities and events for the month of December.

Activity Center DECEMBER Calendar

- 1 The Music Makers 10:00 a.m.
- “Eat a Red Apple” Day 1:00 p.m.
- 2 Bridge, Euchre, Pepper 1:00 p.m.
- 3 Drink coaster craft 11:00 a.m.
- Beginner Line Dancing 1:00 p.m.
- 4 Bingo w/Woodland Hospice 12:45 p.m.
- 7 Dominoes & Pinochle 1:00 p.m.
- 8 The Music Makers 10:00 a.m.
- Holiday card making 11:00 a.m.
- 9 Deal or No Deal 11:15 a.m.
- Bridge, Euchre, Pepper 1:00 p.m.
- 10 Jeopardy 11:00 a.m.
- Beginning Line Dancing 1:00 p.m.
- 11 Ugly Sweater Contest 11:00 a.m.
- Bingo w/Medilodge 12:45 p.m.
- 14 Dulcimer music 11:00 a.m.
- Dominoes & Pinochle 1:00 p.m.
- 15 Chocolate dipped pretzels 11:00 a.m.
- Pre-Beginner Line Dancing 1:00 p.m.
- 16 Bingo w/Crestwood Village 11:00 a.m.
- Bridge, Euchre, Pepper 1:00 p.m.
- 17 Gift bags & boxes 11:00 a.m.
- Beginner Line Dancing 1:00 p.m.
- 18 Holiday party 11:00 a.m.
- Bingo w/The Laurels 12:45 p.m.
- 21 Crosswords, word games 11:00 a.m.
- Dominoes & Pinochle 1:00 p.m.
- 22 Mary Kay Pampering 11:00 a.m.
- 23 Bridge, Euchre, Pepper 1:00 p.m.
- 24 CLOSED - Christmas Eve
- 25 CLOSED - Christmas
- 28 Dominoes & Pinochle 1:00 p.m.
- 30 Bridge, Euchre, Pepper 1:00 p.m.

WEIDMAN SENIOR CENTER

3453 N. School Rd, Weidman
Meals T, W, Th, 9:30 a.m. - 1:30 p.m.
Whitney Smith, Site Mgr., (989) 644-2538

This year has flown right by. As we dive into December, colder weather and the holiday season, there will be plenty of cheer to go around. The Music Makers will be here every Wednesday to jam out to the tunes. Our birthday party will be December 9 and our holiday party will be December 16. Come on and join the fun. We hope to see you at Weidman Food with Friends site.

Weidman DECEMBER Calendar

- 1 Wii bowling
- 2 The Music Makers
- 3 Cards, games
- 8 Jeopardy, nutritional education
- 9 Birthday party, The Music Makers
- 10 Cards, games
- 15 Holiday trivia
- 16 Holiday party
- 17 Cards, games
- 22 Arts & crafts
- 23 The Music Makers
- 24 CLOSED - Christmas Eve
- 29 New Years Resolution
- 30 The Music Makers

Mid-Michigan Woodcrafters Club

If you are interested in woodworking or would like to know more about the basics of making things, then perhaps the Mid-Michigan Woodcrafters club may be what you are looking for. The skill level of club members range from the novice to the advanced. It is easy to learn some new facet about woodworking at just about every meeting. The club meets the second Tuesday of the month from September through June. The meetings are held at the Commission on Aging at 7:00 p.m. One meeting a year is set aside to tour a wood-related business to see firsthand how some of the construction is accomplished.

The meetings often feature a speaker that discusses topics like finishing, use of tools, maintenance of tools, safety, designing projects and a variety of related topics. The club is always looking for new speakers. If you know of someone that would like to share their woodworking skills, please have them contact the club.

The Mid-Michigan Woodcrafters club also participates in many community projects. One of the largest projects is making toys for the Christmas Outreach Program. Several hundred toys are donated annually. Recent projects include construction of the display case for the Garden Club that is housed in the Veteran’s Memorial Library. Items have been donated for the Walk for Cancer and Women’s Aid Shelter auction.

Membership dues are \$15 a year and most of the money goes toward making toys. We have been blessed by a few businesses that have donated material to use for many of the projects.

If you are interested in joining or learning more about the club please stop by one of our meetings. If you have any questions or need more information, contact Tom Delia, (989) 772-1902 or Don Hire, (989) 773-2587.

Genealogical Society of Isabella County

“Only a genealogist regards a step backwards as progress”

The Genealogical Society meets the second Thursday of each month (December 8) at the Commission on Aging, 2200 S. Lincoln Rd., Mt. Pleasant at 7:00 p.m. The members will be sharing their genealogical progress including their brick walls. They will also be sharing their favorite Christmas treats! 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 and discuss family history or get help with any brick walls. For more information visit <http://isabellagenealogy.org>

Weidman Eagles Activities

Walking
Monday - Thursday, 11:00 a.m., No fee

Low-impact Exercise
Monday - Thursday, 11:15 a.m., No fee

Beginner Line Dancing
Mondays & Fridays, 11:00 a.m.
Wednesday, 5:30 p.m.
\$2.00, proceeds go to Weidman Eagles

Weidman Euchre Club

Thursdays
6:00 p.m.
\$2 donation, \$2 50/50 (optional)
The Community Center
5918 W. Bridge St., Weidman

For more information:
Karen Mercer (989) 644-2266
Jeanette Catlin (989) 644-6925

Legal Services

Lakeshore Legal Aid
provides legal advice to people
over the age of 60

For an appointment call toll free:
1-866-552-2889

State Employee Retirement Association (SERA)

Our annual Christmas party will be on Tuesday, December 15 at the VFW Hall located at 4841 E. Pickard Street. The meeting will start at 12 p.m. The cost for the lunch will be \$5.00 for members and \$10.00 for non-members. Instead of gifts, please bring a non-perishable food item for donations to our local food pantry. Yearly dues for 2016 are \$11.00. If paid by check the total amount will be \$16.00. Following the dinner, we will have card bingo. Any questions please contact Jackie Curtis at (989)772-0597 or jac62irish@yahoo.com

Isabella County Adult Day Program

The Isabella County Adult Day Program offers aging adults the opportunity to socialize and enjoy peer support in a home-like setting. Specially designed activities promote a sense of accomplishment and maintain current levels of cognitive and physical functioning.

RELAX – WE ARE HERE TO HELP!! The Adult Day Program helps reduce the risk of caregiver burnout, physical, emotional, and mental exhaustion. It provides family members and daily caregivers the opportunity for respite care to attend appointments, work and enjoy much needed leisure time. We provide the highest quality of care in a home-like environment using programs that promote dignity, respect and a sense of accomplishment.

Openings now available. Scholarship funding and transportation available to qualifying Isabella County residents. The program is located at 1222 North Drive, Mt. Pleasant. For more information or to ask about a free half-day trial, please contact Deb Nartker at (989) 779-5558 or dnartker@isabellacounty.org.

Did You Know?...

The FREE Loan Library at Commission on Aging has a special section of books about Michigan, and written by Michigan authors. Some are from the central Michigan area.

Authors you might recognize include:

Richard Baldwin
Bruce Catton
R.L. Dodge
Joyce Hendricks
Henry Hobart
Andrea K. Hofmeister
Ann & Hudson Keenan
Dr. Sherene McHenry
Eugenia Hogan Sandy
Gloria Sears
Jack Westbrook
Jack Westbrook & Sherry Sponseller
Chris Zimmerman

We will gladly accept other Michigan authors who would like to share their book. Our library also provides free loan of books as well as audio books that the Veteran’s Memorial Library supplies and replenishes on a monthly basis. Come in and browse some of the free resource literature, take out books or sit a while and enjoy a good read in the comfort of a warm and quiet atmosphere.

Holiday Safety Tips

With the holiday season just around the corner, it’s a good time to start thinking about holiday shopping safety.

Holiday shopping safety tips:

- Avoid shopping alone. Use the buddy system whenever possible.
- Park in well -lit, high traffic areas. Always lock your vehicle.
- Have your keys in hand before leaving the store and look in the back seat before you get in your vehicle.
- Don’t keep packages in plain view in your vehicle. Keep packages in the trunk of your car or covered by a blanket.
- Carry your purse close to your body. If possible, don’t bring a purse. Keep your wallet in a front-zipped pocket.
- Don’t carry large amounts of cash. Use a credit or debit card if possible.
- Don’t count cash in open areas, especially after leaving an ATM.

Remember to always keep your head on a swivel and be aware of your surroundings.

If you are a victim of a scam/crime, please call your local dispatch center and they will send an officer to investigate your complaint.

Isabella Co. (989)773-1000
Clare Co. (989)539-7166
Gratiot Co. (989)875-7505

Michigan State Police Trooper Michael White

Community Groups

The following community groups meet at Commission on Aging Activity Center (2200 S. Lincoln Rd., Mt. Pleasant)

Evening Bloomers Garden Club
December 1, 7:00 p.m., Room B

Mt. Pleasant Historical Society
December 1, 7:00 p.m., Room A

Friends of the Broadway
December 2, 6:30 p.m., Room A

Clowns
December 3, 6:00 p.m., Craft Room

Community Service Council
December 7 , 12:00 p.m., Room A

Mid-Michigan Woodcrafters
December 8, 7:00 p.m., Craft Room

Community Cancer Services
December 10, 6:30 p.m., Craft Room

Genealogy Society
December 10, 7:00 p.m., Room B

Mid Michigan Patriots
December 10, 7:00 p.m., Room A


Central Michigan Daylily Society
December 19, 10:00 a.m., Room A

Mt. Pleasant Garden Club
December 21, 1:00 p.m., Craft Room


Women’s Aid
December 22, 8:00 a.m., Room B

Stamp Collectors
December 22, 7:00 p.m., Craft Room

Surprise Friends & Family with a Year of Fun this Holiday Season!



Parks Gift Certificates Available for Annual Permits, Camping Fees and Pavilion Fees



200 N. Main St., Mt. Pleasant



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

IN MEMORY

Lucille Bollman
Calvin & Ladonna Havekost

Thelma Bugbee
Greg & Carolyn Putzig

Bonnie Carroll
Greg & Carolyn Putzig

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Marvin & Sally Bellinger
Ken & Pat Bundy
Coomer UMC
Sue Cotton
Richard & Kay Rieck
Kirk Sponseller & Nancy Priestap
Les Sponseller

Russell Fisher
Charles & Doris Roethlisberger

Clark & David French
Shirley French

Dick & Sadie Gibson
Shirley French

Julia Hovey
Nina House
Nancy Hovey

Norma Karcher
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Melanie Allen
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Aunt Virgilene McQueen
Carl Baxter
Joe & Sandy Blodgett
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Judy Johnson
Jeanette Wedding

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Anonymous
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Fred & Pat Streng

William F. Murphy
The Pat Murphy Family

Dean Muterspaugh
Charles & Ellen Peterson

Joan Ruddell
Allegiance Health
Anonymous
Anonymous
Tim Averill & Staff at SET SEG
Dennis & Paula Bowman
Travis & Georgia Fojtasek
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Gerald Faber
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Herman & Renate Hartman
Edward & Dorothy Howard
Denise Mater
Greg & Carole Merwin
Joyce Pridgeon

Pam Sparks

Harry Sult
Willard & Joyce Seeley

Vivian Vanas
Dorothy James
Ron & Darla Ripple
Joe Vanas
Art & Opal Vanas

Rita VanOcker
Shirley French

Frank Varga
Anonymous
Anonymous
Anonymous
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Friends & Neighborhood Club
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Food with Friends In Memory

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Isabella County
Commission on Aging

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

Mission Statement

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

- Food with Friends Program
- Congregate Meals
 - Home Delivered Meals

- Foster Grandparent Program
Senior Companion Program

- Activity Center Program
- Activities
 - Travel Opportunities
 - Fitness

- 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, 8:00 a.m. - 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 and Gratiot County appropriations.

DECEMBER 2015
ACTIVE LIVING

Active LIVING

Needs Your Support

Thank you to our readers and sponsors who donate to Active *LIVING*.

It costs a lot of money to produce our monthly Active *LIVING* newsletter. We mail our newsletter to 4,000+ households and distribute 800+ newsletters to 50 different organizations in Isabella County. Our hope is to raise \$24,000 annually to cover our expenses, and we are a long way from reaching our goal.

We need your help. Do you subscribe to Active *LIVING* and have you donated to Active *LIVING* recently? Please consider donating to Active *LIVING*.

Thank you for your support!

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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.*