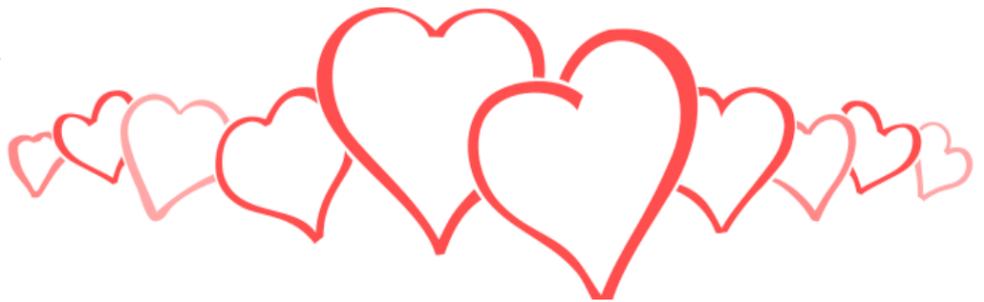


Published monthly by the Friends of Isabella Seniors for the Isabella County Commission on Aging
Friends of Isabella Seniors - 2200 South Lincoln Road, Mount Pleasant, MI 48858 - (989) 772-0748 - isabellacounty.org/dept/coa

Have a Heart



Have a Heart needs your help!

Many older adults are facing difficult economic times. They are contending with the increased cost of utility bills, prescription and medical bills and transportation. Some are struggling to choose between paying bills or buying food.

The Isabella County Commission on Aging continues to receive requests from people in need; and thanks to our community partners, we are able to answer many of those requests. Again this year we will be assisting county residents with our "Have a Heart" project. We are expecting to assist 75 county residents by providing them with a Meijer gift card to be used for food, clothing, fuel or other necessities. By providing them with a gift card, they will be able to free up some of their money to pay their utility bills, prescription and medical bills and transportation costs.

No federal, state or local dollars are used for the project. All of the funds for the "Have a Heart" project come from the generosity of individuals in our community. Your generous donation will help brighten someone's day! Any and all donations are greatly appreciated. If you are able to help, you may make your check payable to Friends of Isabella Seniors and drop off at COA or mail to:

Friends of Isabella Seniors
2200 S. Lincoln Rd.
Mt. Pleasant, MI 48858

If you have any questions or would like more information, please call COA at **(989) 772-0748**.

Thank you for helping our friends and neighbors.



Volunteers make the Have a Heart project even more special by creating homemade Valentine's that accompany the Meijer gift card.



Director's Comments

I want to take the time to give a special thank you to all the individuals, organizations and agencies in the central Michigan area that contribute to the Commission on Aging (COA). When I use the word "contribute" I am not just talking about the contribution of money, which is certainly important. I am talking about time, effort and commitment that so many community agencies, businesses and volunteers give to the COA. Their support is vital to our mission and is a major part of why we are successful.



It's the volunteer who sees a need in a neighbor and makes an appointment with one of the COA Social Workers and then helps again by bringing them to the office. Or the volunteers who take the time to deliver a meal and comes back to that client's home after their meal route is complete just to spend some extra time and talk to that person.

The Have A Heart project is such a great example of community effort. All the donations for this annual project come from individuals, churches and businesses. This year, we expect to assist 75 individuals throughout Isabella County.

The Commission on Aging and all our program participants are so lucky to have such a supportive community around us. We all make each other better citizens and better individuals.

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

**Commission on Aging
Activity Center
and Food with Friends Sites
will be CLOSED
Monday, February 15
in observance of Presidents' Day**

Mission Moment

It takes Heart and Time

Lots and lots of Heart and the gift of Time is what the Foster Grandparent and Senior Companion Programs are all about.

HEART: Our Foster Grandparent and Senior Companion Volunteer's Hearts are associated with love, patience, compassion, enthusiasm and being selfless. This energy comes from connecting to something beyond themselves.

TIME: You know the saying – "There is no time like the present", well our volunteers turn that around and say "There is no present like time". With the beginning of 2016 they eagerly look forward to new opportunities for sharing, giving and service to others in the 12 months, 52 weeks, 365 days, 8,760 hours, 525,600 minutes and 31,536,000 seconds that lie ahead of us.

An example of Heart and Time in our Senior Companion Program was when a client shared that "During my visits with my Senior Companion my pain goes away". This statement really sums up what our Senior Companions are all about whether the pain is physical, mental or emotional.

For our Foster Grandparent Program it is the patience of working with a student at the beginning of the year on site words each and every day and during their journey together through the school year to see that their efforts results in a child's ability and passion to read – which lays the foundation for learning.

Our volunteers believe in Heart and make the most of their Time through service to others, and for that we thank them.

*Mary Ann Mooradian, Director
Foster Grandparent/Senior Companion*

Free Tax Preparation Available

The Isabella County Commission on Aging is 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 Riverview and Winchester Towers must be made by calling the Commission on Aging. 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**.

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 & March 9,

11:30 a.m. - 4:00 p.m.

ROSEBUSH - FAITH MEMORIAL LIBRARY

Tuesday, March 1

12:45 - 4:00 p.m.

RESIDENTS of 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.

Ask a COA Specialist

Question: My granddaughter is asking that I co-sign on a car for her, should I be concerned?

Answer: There are several reasons why co-signing on any loan could be a problem:

- One of the obvious reasons is it could destroy a family relationship or friendship. As a cosigner, you are taking on responsibility that the payments are going to be made and that they will be made on time. This can cause stress on any relationship.
- As a responsible party, you need to make sure that the other party is taking care of payments on time and that you have the money available, should they not make a payment. If a payment is not made, many negative consequences can occur. The lender will generally sue the cosigner before the actual borrower.
- The cosigner is the reason the borrower was approved in the first place, because of good credit. Failure to make payments can also destroy your credit history. Even if a debt collector agrees to settle out of court, you may face penalties on taxes for "debt forgiveness income".
- By cosigning for others you also limit your own possibilities. A person may have too much credit and when they need a loan for themselves, they could be denied.
- Cosigning also means that you take on that item as an asset of your own. This can cause problems when needing to apply for assistance programs such as Medicaid.

If you have any questions, please contact the Commission on Aging and speak to one of our social workers at **(989) 772-0748**.

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

Caregiver Support Group

Our next Caregivers Support Meeting will be **Tuesday, February 16**, 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 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 always available. If you have questions about this group feel free to call COA at **(989) 772-0748**.

Events/Classes



“Bluebonnet Cabin”

Wednesday, February 3
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. For more information, contact Marcy at (989) 772-0748.

Valentine’s Bingo

Wednesday, February 3
9:45 a.m.
Room C

Join us for Valentine’s Bingo and prizes! A group of local high school students will be coming to COA to enjoy Bingo with us.

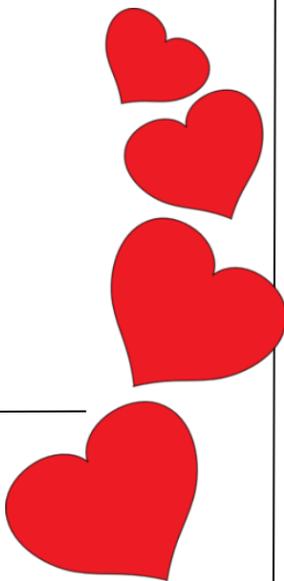
No registration required.

Valentine’s Day Celebration

Friday, February 12
11:00 a.m.
Room C

Join us for Valentine’s Day! Performers from Wheatland Music Organization will be here to perform for us. Stay for lunch. Lunch includes macaroni and cheese, bread, broccoli citrus salad, green beans and pineapple. Bring your jar of pennies and stay for a lively game of Penny Bingo after lunch!

Call Katie at (989) 772-0748 to make your reservation for lunch.



iPad Workshop

Tuesday, February 16
2:00 p.m.
COA Room B

Photos: Learn the various features of Photos, the iPad's built-in image management tool. We'll show you how to organize your photos, manage your Photo Stream, import pictures from Windows and how you can easily share them with friends.

No registration required.

Guided Autobiography

Ten Meetings to Write your Story
Wednesdays, February 17 - April 27
10:00 a.m. - 12:00 p.m.
COA Craft Room

Through sensitively designed questions and themes, YOU write about YOUR life and read only what YOU wish to share. Give and receive validation and support, growth & laughter. Enrich the rest of your life and the lives of those around you. Sponsored by CEHS Institute for Intergenerational Relations, facilitated by Denise Richards, MSW

For information or to register contact Denise at (989) 560-0176.

February Movie & Popcorn “The Martian”

Tuesday, February 23
12:45 p.m.
COA Room B
\$1 per person

Based on a science fiction novel by the same name, The Martian is astronaut Mark Watney. During a manned mission to the red planet, a fierce storm leaves Watney presumed dead and therefore left behind by his crew. Now stranded, Watney must survive the hostile environment of Mars with few supplies while trying to find a way to signal Earth that he is still alive and in need of rescue. *(rated PG-13, 141 minutes)*

Call Katie to register, (989) 772-0748.

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.

Instructor: Judi Swartz

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

Instructor: Sue Courington

Line Dancing

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

Tai Chi for Arthritis (TCA)

TCA is an evidence-based tai chi form created by Dr. Paul Lam, and his team of medical experts. It is a gentle, slow-moving exercise designed to improve balance, flexibility, muscle strength, and a sense of well-being. Regular practice can also reduce the incidence and fear of falling in the elderly.

Tuesdays & Thursdays

February 2 - March 10, 2016

9:00 - 10:00 a.m.

COA Fitness Room

No Charge

(\$25 - \$50 suggested donation)

No experience necessary

Limit of 15 participants

Loose clothing and supportive shoes
recommended

Instructor: Ann FitzGerald

Tai Chi Qigong Shibashi

Tai Chi Qigong Shibashi is a gentle, flowing, slow-motion exercise designed to improve general health and well-being. It is also very effective in reducing mental stress and physical tension, and is easy to learn. Materials provided to support additional home-based practice.

Tuesdays & Thursdays

February 2 - March 10, 2016

10:30 - 11:30 a.m.

COA Fitness Room

\$100

No experience necessary

Loose clothing and supportive shoes
recommended

Maximum 15 participants, minimum 6

Instructor: Ann FitzGerald

Yoga

Zen Yoga is 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

Instructor: Catherine Tobin

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

Instructor: Judi Swartz

This page is sponsored by: **Mt. Pleasant Area Historical Society**

TRAVEL with COA

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



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.



Wednesday, May 11
\$91 per person
Departs COA, 7:30 a.m.

An experience like none other! Are you ready for adventure? Invite a friend, leave your "routine" behind and get ready for a day full of unexpected fun! It's the unexpected that makes this tour so much fun. Not only unexpected destinations but experiences too!

It will be entertaining, engaging & exciting!

- CLUES:**
- ◆ Moderate walking, few stairs to climb
 - ◆ Handicapped accessible
 - ◆ Dress casually with comfortable shoes
 - ◆ Bring your camera
 - ◆ From start to finish (not including driving time), trip will last 4.5 hours
 - ◆ Enjoy lunch and popcorn (the 3rd best tasting popcorn in the world!)
 - ◆ Time to browse the gift shop
 - ◆ Story telling, history lesson, guided tour

Includes lunch, guided tours, humor, storytelling, a history lesson, transportation, tips and gratuities.

Lunch options:

Soup

Chicken noodle or Vegetable beef soup

Sandwich

*Sandwiches come with home-made chips
 Lettuce, tomato and condiments are served on the side*

Roast beef & cheese on a Kaiser bun
 Roasted turkey breast on a Kaiser bun
 Stacked ham & Swiss cheese on a Kaiser bun
(vegetarian and gluten free options available)

Dessert

Home-baked brownie

All meals come with cold drinks, hot coffee or tea

Reservation & payment due by April 8.



Monday, May 23
\$104 per person
Departs COA, 4:00 p.m.

We will be traveling to the Dow Event Center for Disney's BEAUTY AND THE BEAST, the smash hit Broadway musical. Disney's Beauty and the Beast has been touring worldwide since October 2014 and is continuing its success on a global scale. Based on the Academy Award-winning animated feature film, this original spectacle has won the hearts of over 35 million people worldwide. This classic musical love story is filled with unforgettable characters, lavish sets and costumes, and dazzling production numbers including "Be Our Guest" and the beloved title song. Experience the romance and enchantment of Disney's BEAUTY AND THE BEAST.

Includes transportation, ticket to musical (main floor seating) and driver's tip.

We will be enjoying dinner at Uno's Pizzeria & Grill in Saginaw before the musical. Dinner is not included in the price of the trip and therefore on your own (18% gratuity added).

Reservation & payment due by April 8.



This page is sponsored by: **Lawrence E. and Sally A. Foote**

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

- *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.*

Volunteers Opportunities

Foster Grandparent and Senior Companion Volunteers Needed

Are you looking for a way to earn some extra cash? Would you like to help children or older adults in your community? Are you 55 years of age or older and on a limited income? If you answered YES, you are the person we are looking for! Become a Foster Grandparent or Senior Companion Volunteer. You will receive an extra \$212 per month in a non-taxable stipend which will not affect your social security, subsidized housing or other benefits you may be receiving. The additional benefits include training, paid time off, holiday time, mileage reimbursement, an annual health screening and many hours of fun and enjoyment.

For more information about the programs and eligibility contact Mary Ann Mooradian, Brandi Knivila or Kelly Herrmann at **(989) 772-0748** After our initial screening process we will be accepting volunteers for our next training class scheduled to begin soon. We look forward to hearing from you.

Needle Craft Volunteers Needed

Our Gold Key Volunteer Needle Crafters have joined forces with the Mt. Pleasant Discovery Museum to make new bumblebee outfits for their Bee Mazium Exhibits. Joyce Stacy a Gold Key Needle Crafter headed up the project by creating a pattern. Those wishing to assist in the project please contact Anna McDonald at (989) 772-0748 or amcdonald@isabellacounty.org.

Thank you Joyce and the other volunteer needle crafters that have assisted in this new project. We thank you for doing a BEE-utiful job!



Monday	Tuesday	Wednesday
<p>1.</p> <p>7:30 Water Aerobics \$♦ (Rose) 10:00 Dulcimers (Craft) 10:15 Low-Impact Exercise (F) 1:00 Dominos & Pinochle (C)</p>	<p>2.</p> <p>7:00 Aqua Zumba \$♦ (Rose) 9:00 Tai Chi for Arthritis ♦ (F) 10:00 The Music Makers (C) 10:30 Tai Chi Qigong Shibashi ♦ (F) 12:30 Banjos, Guitars, Mandolins (C) 1:30 Yoga \$♦ (F)7:00</p>	<p>3.</p> <p>7:30 Water Aerobics \$♦ (Rose) 9:45 Valentine’s Bingo (C) 10:00 Computer Assistance (Lab) 10:15 Low-Impact Exercise (F) 12:00 COA Advisory Board (BR1) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 4:00 Anyone Can Paint \$♦ (C)</p>
<p>8.</p> <p>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>9.</p> <p>7:00 Aqua Zumba \$♦ (Rose) 9:00 Tai Chi for Arthritis ♦ (F) 10:00 The Music Makers (C) 10:00 Needle Crafters (Craft) 10:30 Tai Chi Qigong Shibashi ♦ (F) 12:30 Banjos, Guitars, Mandolins (C) 1:00 CMU Bridge (Craft) 1:30 Yoga \$♦ (F) 2:00 Intermediate Line Dancing (C)</p>	<p>10.</p> <p>7:30 Water Aerobics \$♦ (Rose) 9:00 Art Group (Craft) 10:00 Computer Assistance (Lab) 10:15 Low-Impact Exercise (F) 11:15 Deal or No Deal w/Medilodge (C) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 1:00 Between the Corners Book Club (Lib)</p>
<p>15.</p> <p style="text-align: center;">President’s Day</p> <p style="text-align: center;">ACTIVITY CENTER and all FWF SITES CLOSED</p>	<p>16.</p> <p>7:00 Aqua Zumba \$♦ (Rose) 8:30 Friends of Isabella Seniors (BR1) 9:00 Tai Chi for Arthritis ♦ (F) 10:30 Tai Chi Qigong Shibashi ♦ (F) 11:00 Presidential Birdfeeder Craft (C) 1:30 Yoga \$♦ (F) 2:00 iPad Workshop (B) 6:30 Caregiver Support Group (Craft)</p>	<p>17.</p> <p>7:30 Water Aerobics \$♦ (Rose) 10:00 Computer Assistance (Lab) 10:00 Guided Autobiography (Craft) 10:15 Low-Impact Exercise (F) 11:00 Bingo w/Crestwood Village (C) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 1:00 Second Hand Book Club (Lib)</p>
<p>22.</p> <p>7:30 Water Aerobics \$♦ (Rose) 9:00 Legal Services (CF) 10:00 Dulcimers (Craft) 10:15 Low-Impact Exercise (F) 1:00 Dominos & Pinochle (C) 1:00 Readers’ Theater (Craft)</p>	<p>23.</p> <p>7:00 Aqua Zumba \$♦ (Rose) 9:00 Tai Chi for Arthritis ♦ (F) 10:30 Tai Chi Qigong Shibashi ♦ (F) 11:00 Mary Kay Pampering (C) 12:45 Movie, “The Martian” \$♦ (B) 1:00 CMU Bridge (Craft) 1:30 Yoga \$♦ (F) 2:00 Intermediate Line Dancing (C)</p>	<p>24.</p> <p>7:30 Water Aerobics \$♦ (Rose) 9:00 Art Group (Craft) 10:00 Computer Assistance (Lab) 10:00 Guided Autobiography (B) 10:15 Low-Impact Exercise (F) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft)</p>
<p>29.</p> <p>7:30 Water Aerobics \$♦ (Rose) 10:00 Dulcimers (Craft) 10:15 Low-Impact Exercise (F) 1:00 Dominos & Pinochle (C)</p>		

Thursday	Friday	Saturday
<p>4.</p> <p>7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis ◆ (F) 10:00 Learn to Knit (Craft) 10:30 Tax Assistance (A,B) 10:30 Tai Chi Qigong Shibashi ◆ (F) 11:00 Word Games (C) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)</p>	<p>5.</p> <p>7:30 Water Aerobics \$◆ (Rose) 10:00 Friday Jam (Craft) 10:15 Low-Impact Exercise (F) 12:30 Ukulele (Craft) 1:00 Bingo w/Woodland Hospice (C)</p>	<p>6.</p> <p>10:00 Partners in Painting ◆ (C)</p>
<p>11.</p> <p>7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis ◆ (F) 10:00 Learn to Knit (Craft) 10:30 Tax Assistance (A,B) 10:30 Tax Assistance (A,B) 10:30 Tai Chi Qigong Shibashi ◆ (F) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)</p>	<p>12.</p> <p>7:30 Water Aerobics \$◆ (Rose) 10:00 Friday Jam (Craft) 10:15 Low-Impact Exercise (F) 11:00 Valentine’s Day Party (C) 12:30 Ukulele (Craft) 1:00 Penny Bingo (C)</p>	<p>13.</p> <p>10:00 Partners in Painting ◆ (C)</p> <hr/> <p>14.</p> <p>10:30 Red Wings trip \$◆</p>
<p>18.</p> <p>7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis ◆ (F) 10:00 Learn to Knit (Craft) 10:30 Tax Assistance (A,B) 10:30 Tai Chi Qigong Shibashi ◆ (F) 11:00 Jeopardy (C) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)</p>	<p>19.</p> <p>7:30 Water Aerobics \$◆ (Rose) 10:00 Friday Jam (Craft) 10:15 Low-Impact Exercise (F) 11:00 Luau Party, Hula Dancers (C) 12:30 Ukulele (Craft) 1:00 Bingo w/Prestige Centre (C)</p>	<p>20.</p> <p>10:00 Partners in Painting ◆ (C)</p>
<p>25.</p> <p>7:00 Aqua Zumba \$◆ (Rose) 9:00 Tai Chi for Arthritis ◆ (F) 10:00 Learn to Knit (Craft) 10:30 Tax Assistance (A,B) 10:30 Tai Chi Qigong Shibashi ◆ (F) 11:00 Homemade Dog Biscuits (C) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)</p>	<p>26.</p> <p>7:30 Water Aerobics \$◆ (Rose) 10:00 Friday Jam (Craft) 10:15 Low-Impact Exercise (F) 11:00 Music of Greg Merwin (C) 12:30 Ukulele (Craft) 1:00 Bingo w/The Laurels (C)</p>	<p>27.</p> <p>10:00 Partners in Painting ◆ (C)</p>
<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><i>The room/location for each activity is listed on the calendar for reference. Codes for rooms/locations are as follows:</i></p> <p>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</p>

This page is sponsored by: **In Memory of Dr. Leonard E. Plachta**

FWF Eat Smart Menu

February 2016

Monday	Tuesday	Wednesday	Thursday	Friday
1 Spanish Rice Dinner Roll Kidney/Chickpea Salad Corn Strawberries	2 Chicken Pattie w/Bun Lettuce & Tomato Cauliflower Berry Fruit Cup	3 Baked Spaghetti Bread Mixed Vegetables Tossed Salad Fruit Cocktail Gelatin	4 Turkey Stew Biscuit Coleslaw Chery Fruit Cup	5 Sloppy Joe w/Bun Multi Bean Salad Roasted Potato Blend Grape/Banana Fruit Cup
8 Salisbury Steak Bread Mashed Potatoes/Gravy Kyoto Vegetable Blend Pears	9 Spanish Chicken Corn Bread Succotash Vegetable Blend Peach Crisp	10 Egg & Cheese Casserole Cinnamon Roll/Sausage Links/Redskin Potatoes Orange Juice Ambrosia Fruit Cup	11 Turkey Loaf Bread Squash Pea Salad Mixed Fruit Cup	12 Macaroni & Cheese Bread Broccoli Citrus Salad Green Beans Pineapple
15 CLOSED President's Day	16 Chop Suey Bread Brown Rice Spinach Tropical Fruit	17 Chicken & Broccoli Cheese Bread Baked Potato Carrots Pineapple Gelatin	18 Chili Corn Bread Tossed Salad Crackers Cinnamon Applesauce	19 Tuna Casserole Bread Broccoli/Cauliflower Salad Corn & Lima Beans Apricots
22 Corn Chowder Breadstick Hard Cooked Egg Tossed Salad Grapes	23 Baked Ham Dinner Roll Oven Roasted Potatoes Winter Blend Pineapple	24 Lemon Baked Chicken Bread Whipped Potatoes/Gravy Mixed Vegetables Apple Crisp	25 Goulash Bread Green Beans Tossed Salad Mandarin Oranges	26 Trout Melt w/ Bun Cauliflower/Cabbage Salad Peas Mixed Fruit Cup
29 Meatballs Bread Company Potatoes Brussel Sprouts Peaches/Pears				

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

Winter is in full swing and so is cabin fever! A good way to break up your day is to join us at the Rosebush Food with Friends site. Come in and enjoy a warm, delicious meal, stay for a game of bingo or a craft and meet some great people. Fridays in February are filled with fantastic music. A very special thank you to our musicians.

Rosebush FEBRUARY Calendar

- 1 Craft
- 3 Penny Bingo
- 5 Music w/ Vicky Dexter
National Wear Red for Heart Disease Day
- 8 Bingo & prizes w/Woodland Hospice
- 10 Penny Bingo
- 12 Valentine's Day Party, Good Times Music
- 15 CLOSED - Presidents' Day
- 17 Bingo & prizes w/The Laurels
- 19 Music w/Greg Merwin
Ice Cream Social
- 22 Penny Bingo
- 24 Penny Bingo
- 26 Music TBA
- 29 Music TAB

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

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

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

Join us for our Mardi Gras party February 8. Dress up, wear some loud colors, maybe a crazy hat or a masquerade mask. Let's have some fun. Step out on the wild side for a day. We will celebrate Valentine's Day February 15. Wear some red or pink. February is National Bird Feeding Month. February 19 we will make bird seed ornaments for you to take home to your feathered friends. We will have music with the Pickers on February 24, bingo twice this month and a party to celebrate leap year.

Shepherd FEBRUARY Calendar

- 1 Cribbage, cards, games
- 3 Word fun day
- 5 Wear red for American Heart Month
- 8 Mardi Gras Party
- 12 Valentine's Party
- 15 CLOSED - Presidents' Day
- 17 Almond Day
- 18 National Bird Feeding Day
- 22 George Washington's Birthday
- 24 Music w/The Pickers
- 26 Bingo
- 29 Leap Day

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

Wow, where has the time gone? It is hard to believe that it's February already. The Winn Food with Friends Site is still open for business. We are waiting to hear from you. If you would like to attend the site for lunch, please give us a call to reserve your meal. We are trying our best to get the activities and the entertainment scheduled. Please don't hesitate to give us a call if you should have any ideas or contacts for the activities or entertainment. We are looking forward to hearing from you.

Winn FEBRUARY Calendar

- 3 Midnight Express
- 10 Leon Seiter & Lyle Thrush
- 15 CLOSED - Presidents' Day
- 24 Mark Baumann and Mark Ray

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 February.

Activity Center FEBRUARY Calendar

- 1 Dominoes & Pinochle 1:00 p.m.
- 2 The Music Makers 10:00 a.m.
- 3 Valentine's Bingo 9:45 a.m.
- Bridge, Euchre, Pepper 1:00 p.m.
- 4 Word Games 11:00 a.m.
- Beginner Line Dancing 1:00 p.m.
- 5 Bingo w/Woodland Hospice 1:00 p.m.
- 8 Dominoes & Pinochle 1:00 p.m.
- 9 The Music Makers 10:00 a.m.
- 10 Deal or No Deal 11:00 a.m.
- Bridge, Euchre, Pepper 1:00 p.m.
- 11 Beginner Line Dancing 1:00 p.m.
- 12 Valentine's Day Party 11:00 a.m.
- Penny Bingo 1:00 p.m.
- 15 CLOSED - Presidents' Day
- 16 Presidential Birdfeeder Craft 11:00 a.m.
- 17 Bingo w/Crestwood Village 11:00 a.m.
- Bridge, Euchre, Pepper 1:00 p.m.
- 18 Jeopardy 11:00 a.m.
- Beginner Line Dancing 1:00 p.m.
- 19 Luau Party, Hula Dancers 11:00 a.m.
- Bingo w/Prestige Centre 1:00 p.m.
- 22 Dominoes & Pinochle 1:00 p.m.
- 23 Mary Kay Pampering 11:00 a.m.
- 24 Homemade Dog Biscuits 11:00 a.m.
- Beginner Line Dancing 1:00 p.m.
- 26 Music of Greg Merwin 11:00 a.m.
- Bingo w/The Laurels 1:00 p.m.
- 29 Dominoes & Pinochle 1:00 p.m.

WEIDMAN SENIOR CENTER

3453 N. School Rd, Weidman
Meals M, W, F, 10:00 a.m. - 2:00 p.m.
Whitney Smith, Site Mgr., (989) 644-2538

Outside the weather is frightful but here at Weidman Food with Friends it's so delightful! We are staying warm jamming with The Music Makers on Wednesdays and plenty of cards, games, crafts and more. Our Birthday Party is February 10, come in and celebrate with some cake! Don't forget we have new hours. We are open Mondays, Wednesdays and Fridays, 10:00 a.m. - 2:00 p.m.

Weidman FEBRUARY Calendar

- 1 Cards and games
- 3 The Music Makers
- 5 Trivia
- 8 Cards and games
- 10 The Music Makers, Birthday Party
- 12 Arts & crafts
- 15 CLOSED - Presidents' Day
- 17 The Music Makers
- 19 Jeopardy
- 22 Cards and games
- 24 The Music Makers
- 26 Wii Bowling
- 29 Cards and games

Evening Bloomers Garden Club

Evening Bloomers Garden Club will meet Tuesday, February 2 at 6:00 p.m. in Room B at Commission on Aging. The public is invited to hear Marge Reimer speak on her Therapy Dogs. Her companions will accompany her to the meeting.

State Employee Retirement Association (SERA)

SERA will meet Tuesday, February 19 at 1:00 p.m. The presenter will be Kathy Ling from the League of Women Voters. She will present a program on redistricting of voter districts. The presentation will begin at 1:30 p.m. following our business meeting. As usual there will be a 50/50 drawing and door prize. If there are any questions, please feel free to contact Jackie Curtis at (989) 772-0597 or jac62irish@yahoo.com.

Mt. Pleasant Area Historical Society

Central Michigan University's Brad Collins, will present a program on "World War I and CMU" to the Mt. Pleasant Area Historical Society meeting 7:00 p.m., Tuesday, February 2 at the Isabella County Commission on Aging. The public is invited and encouraged to attend this meeting. The speaker will present at the beginning of the evening before the MPAHS business meeting. After the speaker, we will finalize plans for the Isabella County Founders Day Saturday, which is February 6.

Emergency Housing/Shelter Needs

For emergency housing/shelter needs in Gratiot, Ionia, Isabella or Montcalm Counties, contact EightCAP, Inc. Housing Hotline at 1-844-557-0733, ext. 306. Monday - Friday, 8:00 a.m. - 4:40 p.m.

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.
Wednesdays, 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

Isabella County is 157 years old; Founders Day Celebration February 6

The Mt. Pleasant Area Historical Society (MPAHS) and the First Methodist Church, joined by the Genealogical Society of Isabella County and Shepherd Historical Society, will celebrate Isabella County Founders Day Saturday, February 6 at the First Methodist Church, 400 South Main Street in Mt. Pleasant. The event observes Isabella County's 157th birthday.

A pancake breakfast is planned at church from 8:00 - 11:00 a.m.

The First Methodist Church's Annual Quilt Show will take place from 9:00 a.m. - 12:30 p.m. with registration from 7:30 - 9:00 a.m. For more information call Val Wolters at (989) 773-9571 or Betty Assman at (989) 772-1437.

From 9:00 a.m. - 12:30 p.m. there will be an open house with local historical exhibits. Throughout the day, the society will present a continuous showing of "Wheeling Through Mid-Michigan History" a program tracing area history through wheeled vehicles. At 11:30 a.m., Frank Boles, Director of the Clarke Historical Library at CMU will present the MPAHS 2015 John Cummings Isabella County Historical Preservation Award at the church, followed by the Genealogical Society of Isabella County presentation of Isabella County First Family Awards. At 12:15 p.m. the Quilt Display Committee will make a special award to the Quilter of the Year.

The quilt show, historical exhibits and award presentation are free. Advance pancake breakfast tickets are available from any MPAHS member at \$6 each (children 4 and under are free) or by calling (989) 506-9977. Tickets will be also be available at the door.

The Founders Day observance began with the 2009 observance of the Sesquicentennial celebration of the formal founding of Isabella County February 11, 1859. Three years later, in 2012, MPAHS revived the celebration of Founders Day, holding the event on the Saturday closest to February 11, Isabella County's birthday but not interfering with Valentine's Day.

SLEDDING!

Deerfield Nature Park Sledding Hill
2425 W. Remus Rd., Mt. Pleasant
989.317.4083

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

Are You Low-Income and Need Assistance Paying Your Rent?

The Michigan State Housing Development Authority's (MSHDA) Housing Choice Voucher Program (formerly termed Section 8) will be opening the Isabella County waiting list on December 15, 2015, at 8:00 a.m. EST until February 16, 2016, at 5:00 p.m. EST. Applications are available on-line only; no paper applications will be available or accepted.

Submit your application online at:

<https://webapp.mshda.cgi-bps.com/>

OR

www.michigan.gov/mshda and click on



Eligible applicants received through the website will be entered on the waiting list in the order received (date and time). Preference will be given to Isabella County residents (those living or working in Isabella County).

If you or a household member is disabled or requires a reasonable accommodation to apply for the MSHDA Housing Choice Voucher Waiting List, please call (517) 241-8986 for assistance with your application.

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 Siers

Clarence Tuma

Jack Westbrook

Jack Westbrook & Sherry Sponseller

Chris Zimmerman

We will gladly accept other Michigan authors who would like to share their book. Our library 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.

McLaren Events

Personal Protection:

Learn Personal Awareness Strategies & Verbal De-Escalation Techniques

The Michigan State Police and MCM will offer a personal protection program. This program will focus on identifying danger and defusing conflicts using body language and verbal interaction. Topics include:

- Importance of mental awareness
- Characteristics of suspicious individuals
- Reading people's danger signs
- Understanding body language
- Use of physical proximity to avoid dangerous situations
- Verbal de-escalation techniques

Tuesday, February 16, 6:00 - 7:30 p.m.

FDJ Conference Room

McLaren Central Michigan, 1221 South Dr., Mt. Pleasant

Call (989) 779-5606 to register

Joint Replacement Program

MCM offers an all-inclusive joint replacement program for individuals planning or considering a total joint replacement. If you would like to learn more about the joint replacement process, join us at one of our free educational seminars.

Thursday, February 4, 1:30 - 4:30 p.m. OR

Thursday, February 18, 1:30 - 4:30 p.m.

McLaren Wellness Central, 2600 Three Leaves Dr., Mt. Pleasant

Call (989) 779-5651 to register

Community Cholesterol Screening

Cholesterol plays a key role in determining a person's heart health. This is why it is important to know your cholesterol numbers. Everyone age 20 or older should have their cholesterol measured at least every five years.

MCM offers walk-in Cholesterol Screenings

3rd Wednesday of each month from 7:00 - 10:00 a.m.

McLaren Central Michigan Lab, 1221 South Dr., Mt. Pleasant

The screening includes information about:

- Total cholesterol
- LDL (bad) cholesterol – the main source of cholesterol buildup and blockage in arteries
- HDL (good) cholesterol – helps keep cholesterol from building up in the arteries
- Triglycerides – another form of fat in your blood
- Glucose
- Blood Pressure

Cost \$25. No appointment required. Fasting for 10-12 hours is necessary for accurate results. Screening results will be mailed to your home.

IN MEMORY

<p>Velma Brien Nina House</p> <p>Gary Bugh Anonymous</p> <p>Wayne Cole Jean Cole Catherine Garrett</p> <p>Marilyn Courter Anonymous Anonymous Doris Dale Gray's Furnitnue & Appliances, Inc. Janet Joslin Vitold Kobisz Patrick & Nancy McGuirk Dolores Myler Pat Podoll Doris Sherwood Bunny Traines Sally Weisenberger Dick & Sandy Wood</p> <p>Bud & Debby Gilmore Phyllis Gilmore</p> <p>Dorothy A. Hedgcock Sharon Hedgcock</p> <p>Norman Johnson Helen K. Johnson</p> <p>Alfred & Ruth Klumpp Michael & Maxine Kent</p> <p>Ruth Klumpp James & Laurie Cary Don & Tricia Cotter Emma Curtiss Dave & Deb Faber Ron & Denise Graham Kathleen Huber Doug & Denise Jones Edward & Claudia Joslin Jerry & Bethel Schafer Maureen Schmalbach Peggy Straus Pat & Gail Zingery</p> <p>Joe Lawrence Dolores Lawrence</p>	<p>Ken Martin Catherine Garrett</p> <p>Dick Mc Donald Helen K. Johnson</p> <p>Jane Meek Arnold Newman</p> <p>Helen Miller Florence Adams Colleen Campbell Joan Durham Nancy Durham Gladys Hall Ron & Joyce Schafer</p> <p>Dean & Jim Muterspaugh Evalyn Muterspaugh</p> <p>Richard "Weige" Parr John Frisch</p> <p>Verne Philo Max Augustine Tom & Janet Bechtel Priscilla Garver Marie K. Green Don & Alice Paisley JB Walden</p> <p>Barb Swan Colleen Campbell Gladys Hall</p> <p style="text-align: center;"><i>Active Living In Memory</i></p> <p>Lorraine Knight Francie & Darlene Fedewa</p> <p style="text-align: center;"><i>Activity Center In Memory</i></p> <p>Shirley Haas Rod & Audrey Hall</p> <p>Ruth Klumpp Phyllis Ahlers</p> <p>Helen Miller Marjorie Lynch-Park</p> <p>Barbara Swan Marjorie Lynch-Park</p> <p style="text-align: center;"><i>Food with Friends In Memory</i></p> <p>Ruth Klumpp Stan & Ann Klumpp</p>	<p style="text-align: center;"><i>In-Home Services In Memory</i></p> <p>Shirley Haas JoAnn Myers</p> <p style="text-align: center;"><i>Needle Crafts In Memory</i></p> <p>Helen Miller Cliff & Joyce Stacy</p>
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ACTIVE LIVING DONATIONS

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DONATIONS TO COA

<p>Eileen Jennings Elliott & Emelia Parker Jan Salchert Chris & Janet Smith Joan Theisen</p> <p style="text-align: center;"><i>Activity Center</i></p> <p>Pam Buys</p>	<p>Irene Chapman Melvin Onuskanich</p> <p style="text-align: center;"><i>Gold Key</i></p> <p>Thomas Culver Sue Martin Jeanette Noch Sally Pomerantz</p>	<p style="text-align: center;"><i>In-Home Services</i></p> <p>Eileen Jennings</p> <p style="text-align: center;"><i>Needle Crafts</i></p> <p>Pam Buys</p> <p style="text-align: center;"><i>Transportation</i></p> <p>ICTC Pat & Marty Siuda</p>
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This page is sponsored by: **Margaret's Meadows**

Community Groups

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

Community Service Council
February 1, 12:00 p.m., Room A

Evening Bloomers Garden Club
February 2, 7:00 p.m., Room B

Mt. Pleasant Historical Society
February 2, 7:00 p.m., Room A

Friends of the Broadway
February 3, 6:30 p.m., Room A

Isabella County Community Collaborative
February 5, 9:00 a.m., Room B

Health Improvement Planning
February 5, 10:30 a.m., Room B

Friends of the Dog Park
February 8, 7:00 p.m., Craft Room

Mid-Michigan Woodcrafters
February 9, 7:00 p.m., Craft Room

Community Cancer Services
February 11, 6:30 p.m., Craft Room

Genealogy Society
February 11, 7:00 p.m., Room B

State Employee Retirement Association
February 16, 1:00 p.m., Room A

Central Michigan Daylily Society
February 20, 10:00 a.m., Room A

Mid Michigan Quilt Guild
February 23, 6:00 p.m., Rooms A,B,C

Stamp Collectors
February 23, 7:00 p.m., Craft Room

COMMISSION ON AGING ADVISORY BOARD

District 1	Roxanna Dunevant
District 2	Ruth Anne Maniteau
District 3	Shirley Decker
District 4	John Dinse
District 5	Open Position
District 6	Ken Kopke
District 7	Sarvjit Chowdhary
At-Large	Therese Mosier
At-Large	Claudia Douglass

Friends of Isabella Seniors Board of Directors

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

Temporarily Away

Active LIVING is not "forwarded." If newspapers are returned, we remove the individual from our mailing list. **To get back on the mailing list, you must contact our office with your current address.** If you are planning a winter vacation or will be away or are moving, call (989) 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 (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.

**FEBRUARY 2016
ACTIVE LIVING**

Have a Heart
needs your support

**Please consider
donating to help those
in need.**

**Your generous
donation will help
brighten someone's
day!**

**See front cover for
more information.**

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



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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 COA office using the delivery form at left each time you request a change to assure we record changes correctly.*