

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

## Holiday Bazaar & Craft Show

Saturday, November 12  
9 am - 3 pm  
Commission on Aging  
2200 S. Lincoln Rd., Mt. Pleasant

Featuring a unique collection  
of hand-made items by local  
artists. The perfect place to  
purchase your holiday gifts!

Also featuring  
**Bake Sale** and  
**Quilt Raffle**

## Calling All Bakers

Your talents are NEEDED!

Commission on Aging is hosting a Holiday  
Bazaar & Craft Show Saturday, November 12,  
and we are looking for bake sale items.

We will price and sell the items - all you need to do is bake them,  
package them and drop them off at COA by noon Friday, November  
11.

Items Needed:

- Cookies (6 per package)
- Brownies (6 per package)
- Rice Krispie Treats (6 per package)
- Bread (1 loaf per package)
- Other items you'd like to bake

Please contact Marcy at (989) 772-0748 to sign up to bring goodies!  
Thank you for supporting COA!



Director’s Comments

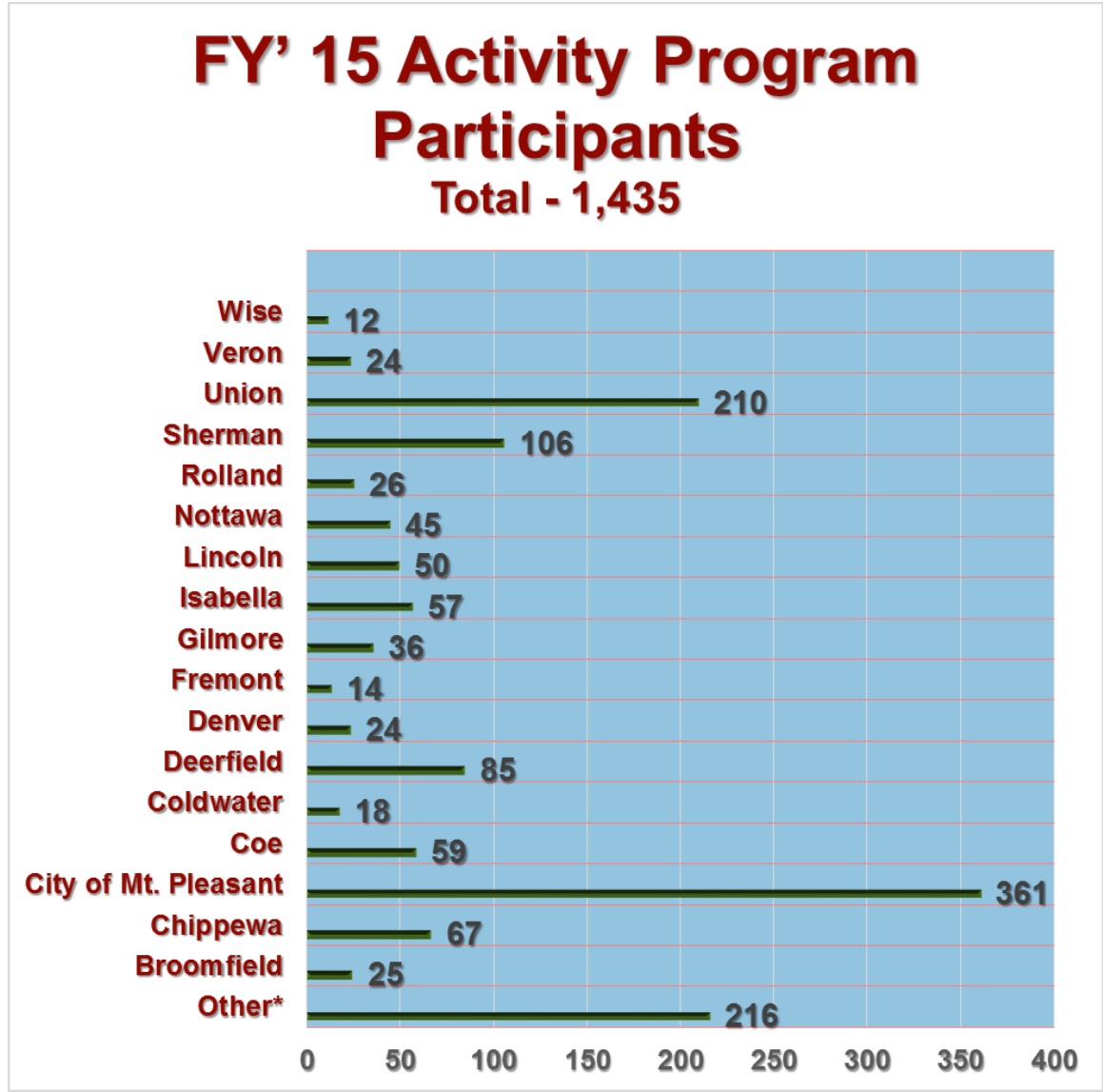


As our readers know I have selected and written about a different program/department area for the last four months. I have related the number of meals and the hours of services the Commission on Aging has provided to our older adults program participants and their families. And I hope I have related how important the Senior Millage is to the older adults we service.

This month I will relate information about our Activities and Travel Program. While this program might not seem as serious or as important as the other programs and services the COA provides, it is a vital part of what we do for our community. Our Activities and Travel Program provides our older adult residents with the opportunity to take part in variety of different events and programs that improve their physical and mental health along with their general well-being.

Some of the programs are available at no cost to the participant. These include educational seminars on health related issues and health fairs or iPad and computer classes, playing billiards or taking part in a variety of different musical groups, or even book clubs and card games. There are other activities that we offer where there is a charge to the participant. These include several different exercise and fitness classes (Tai Chi, yoga, water aerobics, Zumba Gold), art classes (water color, Anyone can Paint, drawing) and special events like the Mother’s Day Tea.

The best part of our Activities Program is that our participants come from all over Isabella County. In Fiscal Year 2015 our Activities Program had over 1,400 participants. If you will look at the chart below you can see that our program participants come from every township in the county.



The numbers you see on this chart represent only the individuals who attend COA sponsored programs and activities. Additionally, as you look at the chart you will note that there are 216 participants under the “other” category. These individuals are from other counties that utilize our Travel Program. It’s important to note that the Travel Program is self-funded and that all participants pay for the trips and activities. No millage or Tribal dollars are used to subsidize our trips.

The final point I wish to make is about the COA Activity Building itself. While it is the home of the COA and all our programs and services, it is also a focal point for the community as a whole. We have over 70 different community groups that meet in the COA Activity Building. These are small non -profits and local governmental organizations that do not have access to other facilities. It is estimated that there are over 30,000 visits to the building annually. It’s a busy place, and we are fortunate to have the building.

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

# Senior Millage Ballot Proposal

The Isabella County Board of Commissioners has voted to place a Senior Millage Proposal on the November 8 General Election Ballot.

A group of citizens concerned with the continued well-being and independence of our Isabella County older adults has formed a committee to inform county residents of the programs and services available through the Isabella County Commission on Aging.

The Isabella Senior Millage Campaign Committee is asking individuals from across the county to assist in the efforts to once again pass a Senior Millage in support of our older citizens.

There are several options to consider if an individual is considering supporting the Senior Millage.

1. Write letters of support to the Editor of the Morning Sun  
Send a letter to Morning Sun  
P.O.Box 447, Mt. Pleasant, MI 48804  
-OR-  
Send an email to [news@michigannewspapers.com](mailto:news@michigannewspapers.com)
2. Place a “Vote Yes” campaign sign in your yard, call Sally or Ginny for a sign.  
Sally, (989) 330-1588  
Ginny, (989) 773-4231
3. Consider making a monetary donation to the Isabella Senior Millage Campaign Committee. Any amount will help...\$25, \$50, \$100, whatever you can afford. Please make checks payable to the Isabella Senior Millage Campaign Committee and mail to the following address:  
405 S. Mission, St. Suite F, Mt. Pleasant, MI 48858
4. “LIKE” the Isabella Senior Millage Campaign Committee on Facebook and support the older adults of Isabella County and the Isabella County Commission on Aging.
5. Assist in distributing door hangers in Isabella County neighborhoods. If interested contact Ginny at (989) 773-4231.

## How much will it Cost the Average Household

On November 8, 2016 we will be asking the voters to *renew* our Senior Millage. **It is not an additional millage; it is a renewal of the millage approved ten years ago that expired this year.** The purpose of the millage is to continue the funding needed to provide programing and services for older adults within Isabella County. This would include the planning and coordination of services, which would also include the operation of the COA Activity Center.

The ballot proposal is asking for the approval of up to 1 mill (\$1.00 per \$1,000.00 of Taxable Value) for a period of ten (10) years (2016 to 2025). If the full mill is levied, it will generate annually approximately \$1,589,178.00.

According to the Isabella County Equalization Department, in 2016 the median priced home in Isabella County is worth \$125,000.00. The taxable value on that median priced home is \$62,500.00. If the County Board of Commissioners levies the full 1 mill, the annual cost for the median priced homeowner would be \$62.50.

# QUILT RAFFLE

Tickets: \$1.00 each

3 RAFFLE Prizes

1<sup>st</sup> Prize

**Garden Friends Butterfly**

Made by Diane Seaver & Judy Hunt  
Quilted by Judy Hunt

2<sup>nd</sup> Prize

**Minich & Simpson Mackinac Race**

Made & Quilted by Linda Craig

3<sup>rd</sup> Prize

**Baby Basket with Baby Crocheted Blanket**

Knitted by Mary Ann Simpson

Drawing takes place  
Saturday, November 12 at the  
Commission on Aging  
Holiday Bazaar & Craft Show  
*need not be present to win*

Purchase your tickets at  
Commission on Aging  
or call Mallory at (989) 772-0748

*Proceeds benefit  
Gold Key Volunteer Needle Crafters*



This page is sponsored by: **Green Acres Assisted Living, “It’s the Place to Be...”**



## Mission Moment

We were discussing the beautiful fall weather. The leaves are turning colors and it is getting a little chilly. “It was a beautiful summer. Warm and lovely,” she said during my visit. She added, “You know the weather people are calling for a very cold and snowy winter. That always makes me nervous at what it will cost me for my propane.”

She voiced a concern that is true for many older adults in Isabella County. How will heating costs be paid? There are fuel assistance programs available for those in the county, and for many people knowing who to call is the key. If you are concerned about heating your home this winter, call the Commission on Aging at **(989) 772-0748** and ask to speak with one of the social workers. There are programs to assist older adults with high heating costs and we are happy to help older adults with this concern.

*Barb Frankenfield*  
*In-Home Services Program Coordinator*

## Legal Services

Lakeshore Legal Aid provides legal advice to people over the age of 60  
Legal Services offers appointments at COA Activity Center the 4<sup>th</sup> Monday of the month at 9:00 a.m.  
For an appointment call toll free **1-866-552-2889**

## Gold Key Volunteers Needed

Looking for **Helping Hands Volunteers** to assist with minor home repair and modifications for seniors 60+ including, but not limited to, changing light bulbs, installing/batteries in smoke and CO2 detectors, installing grab bars, 9-1-1 signs, and hand-held shower heads and helping to winterize homes (mileage reimbursement available). For information, contact Anna McDonald at **(989) 772-0748** or email at [amcdonald@isabellacounty.org](mailto:amcdonald@isabellacounty.org)

Now recruiting **AARP Tax-Aide Volunteers** to provide income tax return preparation for seniors and low income taxpayers at various sites in Isabella County during February, March and early April. An AARP Tax Assistance Program Coordinator will prepare you for the IRS certification test and train you how to prepare federal and state income tax returns. Volunteers must pass an IRS test in order to qualify as a tax preparer. Tax Preparers must have basic computer skills and be willing to learn tax-preparation software. You will receive extensive training starting January 4, 2017, and will have IRS approved materials and experienced volunteers available as references. For information, contact Anna McDonald at **(989) 772-0748** or email at [amcdonald@isabellacounty.org](mailto:amcdonald@isabellacounty.org)

Looking for **Kitchen Assistant Volunteers** to assist COA main kitchen staff with packaging meals for route drivers within the Home Delivered Meal program.

Days and Times NEEDED: Mondays: 8:00 a.m - 12:00 p.m.  
Tuesdays: 8:00 a.m. - 12:00 p.m.  
Wednesdays: 8:00 a.m. - 12:00 p.m.

***We are ALWAYS looking for substitutes during the winter months.*** For information, contact Mallory Fernandez **(989) 772-0748** or email at [mfernandez@isabellacounty.org](mailto:mfernandez@isabellacounty.org)

Looking for **Receptionist Volunteers** (*SUBSTITUTE*) duties includes answering phones and greeting COA visitors at the front desk, referring calls to appropriate staff members, taking messages, answering general inquires and assisting with other general office work, including routine typing. Office experience and the ability to handle multi line phones recommended; computer skills are helpful. Monday - Friday morning, 8:00 a.m. - 12:15 p.m. or afternoon, 12:15 p.m. - 4:30 p.m. ***We are ALWAYS looking for substitute during the winter months.*** For information, contact Anna McDonald at **(989) 772-0748** or email at [amcdonald@isabellacounty.org](mailto:amcdonald@isabellacounty.org)

**Meal Site Assistant Volunteers** needed. Meal Site Assistants assist with setting tables and sign-in for meals, helping serve meals and cleaning up afterwards, wiping tables and assisting with loading and unloading dishwasher. There are five congregate meal sites. Each is unique in its location, activities, and programs. Duties may vary from site to site.

Weidman Meal Site: Wednesdays, 10:45 a.m. - 2:00 p.m.  
Winn Meal Site: Mondays & Wednesdays, 10:30 a.m. - 2:00 p.m.  
Shepherd Meal Site: Mondays, Wednesdays, Fridays, 10:45 a.m. - 2:00 p.m.

For information, contact Anna McDonald at **(989) 772-0748** or email at [amcdonald@isabellacounty.org](mailto:amcdonald@isabellacounty.org)

## Ask a COA Specialist

**Question:** My parents' insurance seems to be rising this year, and we aren't sure if we can do anything to help with the cost. Are there any suggestions to help find lower rates?

**Answer:** Open Enrollment for Medicare drug plans run from October 15 through December 7. It is advised to review plan options each year during this time to determine the lowest cost plan. There are also several different programs that may help to reduce insurance cost, each which has specific income and asset guidelines. Listed below are three different programs and please note that guidelines differ for each.

1. **Medicare Savings Program:** Helps to pay for Medicare Part B premium.
  - a. **Single Individual:** \$1,356.50 a month gross income  
\$7,280 in assets
  - b. **Married Couple:** \$1,822.25 a month gross income  
\$10,930 in assets
2. **Low Income Subsidy "Extra Help":** Helps to lower Medicare Part D drug costs.
  - a. **Single Individual:** \$1,505 a month gross income  
\$13,640 in assets
  - b. **Married Couple:** \$2,023 a month gross income  
\$27,250 in assets
3. **Medigap Subsidy:** Helps to pay for Medigap coverage, by paying subsidy to your Medigap Insurer.
  - a. Household Income for one person: \$17,820 annually
  - b. Household income for two people: \$24,030 annually

You may also want to notify your Department of Human Services caseworker if your insurance changes, as this may change your food or Medicaid benefits. If you live in Senior Subsidized apartments, you should let management know in the event that changes in costs could also affect your rent.

If you are a resident of Isabella County and are 60 and older, please contact the Commission on Aging at **(989) 772-0748**, for more information on whether you may qualify for the Medicare Savings Program, Low Income Subsidy or to review Part D during Open Enrollment. If you are a resident of another county or are under 60, please contact the Medicare Medicaid Assistance Program, or MMAP, at **800-803-7174**. If you would like more information on the Medigap Subsidy, please call **866-824-9772** or go to [www.MichiganMedigapSubsidy.com](http://www.MichiganMedigapSubsidy.com). Please note that the Commission on Aging will be meeting with beneficiaries by **appointment only** and that walk-ins will not be accepted.

**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**

## New Face at COA



Hello, I'm Chance Alumbaugh. I'm a recent graduate of Central Michigan University's Social Work Program. I completed an internship with the Clare County Department of Health and Human Services in Harrison. I came to Mount Pleasant in 2011 and haven't left since! This feels like home and I love the small town feel here; as I grew up in one. I love to spend my time going Up North, skiing, kayaking, boating and crafting! I am excited to be a part of COA and look forward to working with everyone!

## Thank You



On behalf of the Isabella County Commission on Aging, Brandi Knivila, FGP/SCP Program Coordinator accepts a gift of three red maple trees from the Mt. Pleasant Area Gleaners. The trees will provide shade along the walking trail on the west side of the COA Activity Center.

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

Events/Classes



“Fall Creek”

Wednesday, October 5  
4:00 - 6:00 p.m.  
COA Room C

\$25 per person (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.

Contact Marcy at (989) 772-0748 to register.

November 2 class - “On the Way to the Lake”

Fall 2016 Caregiving Training

The Commission on Aging is happy to offer two fall trainings. Laura Kubit, Attorney-at- Law, who serves older adults at Lake Shore Legal Aid, will speak on Tuesday, **October 4** from 6:30 - 8:30 p.m. She will discuss how to avoid the financial and legal pitfalls of caregiving and the importance of good documentation and other precautions you can take to protect yourself and the loved ones you are assisting. Laura was with us last year and spoke about DPOA, Guardianships and Conservatorships. This training is a continuing discussion on additional legal and financial issues of which we must be aware. There will be a question and answer period.

Wednesday, **October 12** from 6:30 - 8:30 p.m. we are happy to host Jennifer Kitchen, Ph.D.. Jennifer is a Central Michigan University professor teaching music theory and ear training. She and her students have worked in local nursing homes to assist residents with bringing alive their memories of the music they have listened to in the past. She will discuss ways that music can enrich caregiving. She will introduce the best documentary film of 2014, “Alive Inside,” and offer ideas about how it can be used to improve caregiving.

Trainings are free and open to all caregivers, nursing home, assisted living, and adult Foster care staff, Central Michigan University students and health care professionals.

Trainings are held at COA in Room A, 2200 S. Lincoln Rd. Refreshment will be served. Call COA at (989) 772-0748 for questions and to register. Reservations not required but recommended. We hope you can join us!

Medigap Insurance  
Informational Meeting

Monday, October 10  
3:00 p.m.  
COA Room B

There will be some upcoming changes to the Blue Cross Blue Shield Legacy Plan C premium starting in January. To address these changes and to offer general information on Medigap insurance, the Commission on Aging will host an informational meeting on Medigap Insurance. Please note COA is NOT affiliated with any insurance companies and does not sell insurance. We will not be providing new premium information for Blue Cross Blue Shield or for other companies, but will be able to provide you with information that may help to make your decision during Open Enrollment easier. Please feel free to join us and to bring a friend.

Call COA at (989) 772-0748 to register.

A Tangle (Zentangle®) a Day  
Keeps the Doctor Away

Monday, October 17  
3:30 - 5:30 p.m.  
COA Room B  
\$5 per person (includes supplies)

What is Zentangle®? Zentangle® is a new and meditative art form for the non-artist and artist alike. It takes no formal drawing experience or talent. If you can write your name, you can Zentangle! That’s right - write! Can you write ‘C’, ‘S’, ‘I’, and ‘O’? Then you can Zentangle®! It is taught “one stroke at a time”, anyone can learn this unique and creative technique! It’s fun, easy, stress-reducing, portable, mindful, meditative and produces an increased sense of personal well-being. Join us and see that it takes just two hours to Tangle! Come see how relaxing and “Zen-like” this method is as you untangle the Tangles. You will have completed your own unique piece of art! There is no right or wrong, no up or down, no mistakes (only “mistangles”) and no limit to the possibilities. All you need to bring is an open mind and willingness to NOT have any preconceived ideas for a final outcome. Just let the artwork “happen”!

If you want to keep your tools, there’s an additional \$5.00 materials fee. Call Marcy at (989) 772-0748 to register.

This page is sponsored by: **Kerr Trust & Estate, Elder Law Firm, PLLC**



# Events/Classes

Our **Caregiver Support Group** will meet **Tuesday, October 18, 6:30 - 8:30 p.m.** in the Craft Room at COA. It is a confidential support group and open to all caregivers be it caring for your mother, father, spouse, grandparent or friend. You will receive support, learn strategies for coping with challenging situations and get ideas that you can immediately implement. Education handouts always available.

If you have questions, call Ann Kowaleski at **(989) 772-0748**.

## October Movie & Popcorn “The Meddler”

**Tuesday, October 25**  
**12:45 p.m.**  
**COA Room B**  
**\$1 per person**

An aging widow, Marnie (Susan Sarandon) is lonely and heartbroken. When her daughter, Lori (Rose Byrne), moves to Los Angeles, she follows along with the hope of restarting her life. She begins interfering with Lori's life, but soon she meets other people who are more in need of her assistance, and she starts helping them. (*rated PG-13, 1 hour 40 minutes*)

Call Katie **AT LEAST 24 HOURS IN ADVANCE** to register, **(989) 772-0748**.



**Friday, October 28**  
**11:00 a.m.**  
**Room C**

Join us if you dare for our Halloween Party! Costume contest, games, treats and **Jeff the Magician!** Join us for Jeff the Magician at 11:00 a.m., lunch at 12:00 p.m. and Spooky Good Bingo at 1:00 p.m.

Please call Katie at least 24 hours in advance to make your reservation, **(989) 772-0748**.

## Medicare Part D Open Enrollment

COA will begin taking calls to schedule Medicare Part D appointments starting October 3. Medicare beneficiaries have an opportunity to enroll or change their existing prescription drug plans October 15 through December 7. It is important that people with Medicare take this opportunity to re-evaluate their plan due to potential premium increases, plan formulary (drug list) and co-pay changes. COA will be meeting with Isabella County beneficiaries age 60 and older by **appointment only** during open enrollment. If you would like to schedule an appointment through COA, please call **(989) 772-0748** AFTER October 3. Please note that you will be forwarded to the Insurance Hotline, and your call may be returned within 5 business days. You may also review and enroll in the Medicare prescription drug plans by going to [www.medicare.gov](http://www.medicare.gov) or calling **1-800-MEDICARE**.

## Walk-In 2016 Seasonal Flu Clinics

**Friday, October 14**  
Winchester Towers  
2001 Elva St., Mt. Pleasant  
1:30 - 3:00 p.m.

**Wednesday, October 19**  
Riverview Apartments  
1 W. Mosher St., Mt. Pleasant  
11 a.m. - 12:00 p.m.

**Tuesday, October 18**  
Blanchard American Legion Hall  
8803 West County Line Rd., Blanchard  
2:00 - 4:00 p.m.  
All ages 6 months and up

**Thursday, October 20**  
Isabella County Commission on Aging  
2200 S. Lincoln Rd., Mt. Pleasant  
10:00 a.m. - 2:00 p.m.  
Adults only, ages 19+

**Monday, October 24**  
Rosebush Manor  
4210 E. Rosebush Rd., Rosebush  
1:30 - 3:00 p.m.  
Open to the public. Adults only, ages 19+

**Thursday, November 3**  
Beal City High School  
3117 Elias Rd., Beal City  
3:00 - 6:00 p.m.  
Family flu clinic, ages 6 months and up

**Monday, November 7**  
Shepherd High School Auditorium  
100 Hall St., Shepherd  
3:00 - 6:00 p.m.  
All ages 6 months and up

Central Michigan District Health Department will be offering flu shots throughout the season. Please contact the office at **(989) 773-5921, ext. 1405** to check on appointment or walk-in availability.

# TRAVEL with COA

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



**Tuesday, October 4**  
**\$84 per person**  
**Departs COA, 9:30 a.m.**

Enjoy a refreshing change of scenery as we embark on a scenic fall cruise along the Grand River (Lansing) aboard the Michigan Princess Riverboat. Take in the tranquil simplicity of beautiful surroundings as you dine comfortably with your friends in a climate controlled setting. A live band will play as we journey along the waterway. After your delicious buffet lunch, you are invited to head up and say hello to your captain, and enjoy the beautiful views from the wheelhouse.

Passengers will be invited to a plentiful buffet of roasted turkey, vegetarian lasagna, mashed potatoes and gravy, sweet potato casserole, stuffing, hot vegetables, chilled salads, rolls, dessert, coffee and iced tea.

Includes transportation, cruise, lunch, entertainment, gratuities and driver tip.

Reservation & payment due by Sept. 26.



**Thursday, November 3**  
**\$86 per person**  
**Departs COA, 9:00 a.m.**

Those lovable Church Basement Ladies are back in this all-new musical! Join the fun as they run a food booth at the county fair, teach one of their own how to drive and help their very nervous pastor make it to the altar on time for his wedding! Whether you've seen them before or are brand new to the basement kitchen, you'll have fun watching the ladies dish it out!

Enjoy a house salad, soup and buffet. Buffet includes carved roasted turkey, mashed potatoes, sage dressing, gravy, two vegetables, homemade dinner rolls, Grandma's cranberry relish and dessert.

You will have some time to walk around and visit our bakery, ice cream parlor and gift shop before the 2:00 p.m. show.

Enjoy a traditional style turkey lunch accompanied by contagious entertainment.

Includes transportation, lunch, show, tips & gratuities.

Reservation & payment due by October 5

# Fitness Classes

## Tai Chi for Arthritis

Tai Chi for Arthritis (TCA) is a research-based tai chi form created by Dr. Paul Lam and his team of health care professionals. It is a gentle, slow-moving exercise designed to improve balance, flexibility, muscle strength and well-being. Regular practice may also reduce the incidence and fear of falling in the elderly.

### Beginner

**Tuesdays & Thursdays**  
**November 1 - December 20**  
(does not meet Nov. 3 and 17 or Dec. 1)

**10:00 - 11:00 a.m.**  
**COA Fitness Room**

**Suggested Donation**  
**\$25 - \$50**

No experience necessary

### Advanced

**Tuesdays & Thursdays**  
**November 1 - December 20**  
(does not meet Nov. 3 and 17 or Dec. 1)

**11:30 a.m. - 12:30 p.m.**  
**COA Fitness Room**

**Suggested Donation**  
**\$25 - \$50**

**Pre-Requisite:**  
Previous Experience with the  
TCA 1 & 2 Forms

Limit of 15 participants per class  
Loose clothing and supportive shoes  
recommended

Payment and registration due by  
Friday, October 21

*Instructor: Ann FitzGerald*  
*Certified Tai Chi for Health Programs*

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



# Fitness Classes

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

## Integrative Restoration: iRest

iRest is a research-based transformative practice of deep relaxation and meditative inquiry. It is currently being utilized in VA hospitals, military bases, hospitals and clinics, hospice, homeless shelters, community programs and schools. Research has shown that iRest effectively reduces PTSD, depression, anxiety, insomnia, chronic pain and chemical dependency while increasing health, resilience and well-being.

**Wednesdays**  
**November 2 - December 14**  
(does not meet November 23)  
**5:00 - 6:30 p.m.**  
**COA Fitness Room**  
**\$60 per person**  
**Bring a friend - \$40 per person**  
Beginners welcome  
No prior experience necessary  
Payment and registration due by  
Friday, October 21  
*Instructor*  
*Ann FitzGerald*  
Integrative Restoration Institute (IRI)  
Teacher Certification Program

## Peer Led Low-Impact Exercise

**Mondays, Wednesdays & Fridays**  
**10:15 a.m.**  
**COA Fitness Room**

### Aqua Zumba

Splash your way into shape with an invigorating, low-impact aquatic 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**  
**7:15 - 8:15 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*

### 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  
*Instructor: Catherine Tobin*

## Line Dancing

<b>Beginner</b>	<b>Intermediate</b>
<b>Thursdays</b>	<b>2<sup>nd</sup> &amp; 4<sup>th</sup> Tuesday</b>
<b>1:00 - 3:00 p.m.</b>	<b>2:00 - 4:00 p.m.</b>
<b>COA Room C</b>	<b>COA Room C</b>
<b>No Charge</b>	<b>No Charge</b>

## 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*

## Zumba Gold

Designed for beginners and older adults using modified, low-impact, 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: **Clark *family* Funeral Chapel and Cremation Service**

Monday	Tuesday	Wednesday
3. 9:00 Water Aerobics \$♦ (Rose) 10:00 Dulcimers (Craft) 10:15 Peer Led Low-Impact Exercise (F) 1:00 Dominos & Pinochle (C)	4. 7:15 Aqua Zumba \$♦ (Rose) 9:30 Michigan Princess Riverboat trip \$♦ 10:00 The Music Men (C) 11:00 Architecture Craft (C) 12:30 Banjos, Guitars, Mandolins (C) 1:30 Yoga \$♦ (F) 6:30 Fall Caregiver Training (A)	5. 9:00 Water Aerobics \$♦ (Rose) 10:00 Computer Assistance (Lab) 10:15 Peer Led Low-Impact Exercise (F) 11:00 Riddles (C) 12:00 COA Advisory Council (BR1) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 4:00 Anyone Can Paint \$♦ (C)
10. 9:00 Water Aerobics \$♦ (Rose) 10:00 Dulcimers (Craft) 10:15 Peer Led Low-Impact Exercise (F) 1:00 Dominos & Pinochle (C) 3:00 Medigap Insurance Informational Meeting ♦ (B)	11. 7:15 Aqua Zumba \$♦ (Rose) 10:00 Needle Crafters (Craft) 10:00 The Music Men (C) 12:30 Banjos, Guitars, Mandolins (C) 1:00 CMU Bridge (Craft) 1:30 Yoga \$♦ (F) 2:00 Intermediate Line Dancing (C)	12. 9:00 Water Aerobics \$♦ (Rose) 9:00 Art Group (Craft) 10:00 Computer Assistance 10:15 Peer Led Low-Impact Exercise (F) 11:00 Riddles (C) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft) 1:00 Between the Covers Book Club (Lib) 6:30 Fall Caregiver Training (A)
17. 9:00 Water Aerobics \$♦ (Rose) 10:00 Dulcimers (Craft) 10:15 Peer Led Low-Impact Exercise (F) 1:00 Dominos & Pinochle (C) 3:30 A Tangle (Zentangle®) a Day Keeps the Doctor Away \$♦ (B)	18. 7:15 Aqua Zumba \$♦ (Rose) 8:30 Friends of Isabella Seniors (BR1) 11:00 Chocolate Cupcake Day (C) 1:30 Yoga \$♦ (F) 2:00 iPad Workshop (B) 6:30 Caregiver Support Group (Craft)	19. 9:00 Water Aerobics \$♦ (Rose) 10:00 Computer Assistance 10:15 Peer Led 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)
24. 9:00 Water Aerobics \$♦ (Rose) 9:00 Legal Services (CF) 10:00 Dulcimers (Craft) 10:15 Peer Led Low-Impact Exercise (F) 1:00 Dominos & Pinochle (C)	25. 7:15 Aqua Zumba \$♦ (Rose) 10:45 Mary Kay Pampering (C) 12:45 Movie, “The Meddler” \$♦ (B) 1:00 CMU Bridge (Craft) 1:30 Yoga \$♦ (F) 2:00 Intermediate Line Dancing (C)	26. 9:00 Water Aerobics \$♦ (Rose) 9:00 Art Group (Craft) 10:00 Computer Assistance 10:15 Peer Led Low-Impact Exercise (F) 11:00 Riddles (C) 1:00 Bridge, Euchre, Pepper (C) 1:00 Happy Ripper Quilters (Craft)
31. 9:00 Water Aerobics \$♦ (Rose) 10:00 Dulcimers (Craft) 10:15 Peer Led Low-Impact Exercise (F) 1:00 Dominos & Pinochle (C)		

Thursday	Friday	Saturday
6. 7:15 Aqua Zumba \$◆ (Rose) 10:00 Learn to Knit (Craft) 11:00 Word Games (C) 12:30 Thursday Connection (Craft) 1:00 Beginner Line Dancing (C) 1:00 Beginning Drawing and Watercolor Painting \$◆ (F) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	7. 9:00 Water Aerobics \$◆ (Rose) 10:00 Friday Jam (Craft) 10:15 Peer Led Low-Impact Exercise (F) 12:30 Ukulele (Craft) 1:00 Bingo w/Impact Medical Supply (C)	8.
13. 7:15 Aqua Zumba \$◆ (Rose) 10:00 Learn to Knit (Craft) 11:00 Bunco (C) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	14. 9:00 Water Aerobics \$◆ (Rose) 10:00 Friday Jam (Craft) 10:15 Peer Led Low-Impact Exercise (F) 12:30 Ukulele (Craft) 1:00 Penny Bingo (bring your pennies) (C)	15. 12:00 Mamma Mia at The Wharton Center trip \$◆
20. 7:15 Aqua Zumba \$◆ (Rose) 10:00 Learn to Knit (Craft) 10:00 Flu Clinic (B) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	21. 9:00 Water Aerobics \$◆ (Rose) 10:00 Friday Jam (Craft) 10:15 Peer Led Low-Impact Exercise (F) 12:30 Ukulele (Craft) 1:00 Bingo w/Prestige Centre (C) 6:30 Red Hat Strutters Community Dance \$ (C)	22.
27. 7:15 Aqua Zumba \$◆ (Rose) 10:00 Learn to Knit (Craft) 11:00 Jeopardy (C) 1:00 Beginner Line Dancing (C) 4:00 Zumba Gold \$◆ (F) 5:30 Hula Class (F)	28. 8:30 FGP/SCP In-Service (A,B) 9:00 Water Aerobics \$◆ (Rose) 10:00 Friday Jam (Craft) 10:15 Peer Led Low-Impact Exercise (F) 11:00 <b>Halloween Spooktacular ◆</b> (C) 12:30 Ukulele (Craft) 1:00 Spooky Good Bingo (C)	29.
Food with Friends lunch is served Monday thru Friday at 12:00 p.m. in Activity Room C. See our Menu on pg. 10  Calendar Key: ◆ = Reservation Required \$ = Fee for Activity	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

October 2016

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken & Noodles 3 Dinner Roll Brussel Sprouts Apricot Crisp	Tuna Noodle Casserole 4 Bread Corn Broccoli Citrus Salad Tropical Fruit	Corn Chowder 5 Bread Stick Pea Salad Hard Cooked Egg Apple Sauce	Macaroni & Cheese 6 Bread Beet Salad Green Beans Peaches	Chicken Pattie 7 Hamburger Bun Lettuce and Tomato Capri Vegetable Blend Pineapple & Oranges
Pulled Pork 10 Bun Potato Salad Green Beans Butterscotch Pudding	Goulash 11 Bread Broccoli/Cauliflower Sal- ad Peas & Carrots Mandarin Oranges	Chicken Salad 12 Croissant Multi bean salad Apple Slices	Turkey Stew 13 Biscuit Cabbage Slaw Corn & Lima Beans Mixed Fruit Cup	Baked Ham 14 Dinner Roll Sweet Potatoes Winter Blend Berry Fruit Cup
Baked Spaghetti 17 Garlic Toast Squash Tossed Salad Sliced Strawberries	Sliced Turkey 18 Dinner Roll Crunchy Vegetable Salad Squash Fruit Cocktail	Meatloaf 19 Bread Baked Potato Corn Applesauce	Salisbury Steak 20 Dinner Roll Redskin Potatoes Kyoto Vegetables Pears	Spanish Rice 21 Bread Fiesta Bean Salad Carrots Cherry Fruit Cup
Chicken A La King 24 Biscuit Kidney/Chickpea Salad Spinach Mandarin Oranges	Smothered Chicken 25 Bread Carrot & Raisin Salad Italian Blend Pineapple	Lasagna 26 Dinner Roll Fruited Coleslaw Peas & Carrots Citrus Fruit Cup	Cabbage Casserole 27 Dinner Roll Leprechaun Fluff Carrots	Hamburger 28 Hamburger Bun Lettuce and Tomato Oven Roasted Potatoes Apple Crisp
Sloppy Joe 31 Bun Mixed Vegetables Oven Roasted Potatoes Cranberry Mousse				

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

This month the Rosebush Food with Friends site is full of activities! A delicious lunch, a fun activity and great company! I can’t think of a better way to spend an afternoon. Come on out and see what we are all about; we’d love to see you!

Rosebush OCTOBER Calendar

- 3 Music by the River Ramblers
- 5 Penny Bingo
- 7 Music by Vicky Dexter
- 10 Bingo w/prizes, The Red Hat Strutters
- 12 Penny Bingo
- 14 Good Times Music, Ice Cream Social, Nutrition Education
- 17 Music by Just the Two of Us
- 19 Bingo w/prizes
- 21 Music by Greg Merwin
- 24 Halloween Craft  
Flu Shot Clinic (1:30 - 3:00 p.m.)
- 26 Penny Bingo
- 28 Jeopardy
- 31 Halloween Party

\*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

October is here! Come join in on the fun at the Shepherd Food with Friends meal site. This month we will be playing candy Bingo. Instead of pennies for Bingo chips, bring a small bag of individually wrapped candies that can be used for Bingo chips. Kisses work great! Our Birthday party is October 12 with music by Greg Merwin. Join us for our Halloween bash October 31. Please wear a costume.

Shepherd OCTOBER Calendar

- 3 Jigsaw puzzle, Cards, Dominoes
- 5 Cribbage
- 7 Candy Bingo (don’t forget candy)
- 10 Game Day - Cards, Dominoes, Uno
- 12 Greg Merwin, Birthday Party  
Pumpkin Decorating
- 14 National Face your Fears Day
- 17 Cribbage
- 19 3 of the Same Game
- 21 Candy Bingo (don’t forget candy)
- 24 Cards, Cribbage, Jigsaw puzzle
- 26 Cribbage, Dominoes
- 31 Halloween Bash - don’t forget costume

WINN COMMUNITY BUILDING

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

It’s fall and time to see the colors. Why not take a road trip to Winn Food with Friends? We have a lot of fantastic music this month. If it gets too cold to do outside activities, come Sit and Get Fit with us on Fridays.

Winn OCTOBER Calendar

- 3 Euchre
- 5 Midnight Express\*
- 7 Sit and Get Fit
- 10 Tom Myshock\*
- 12 Country Kin\*
- 14 Sit and Get Fit
- 17 Boys from Amsden\*
- 19 Greg Merwin\*
- 21 Sit and Get Fit
- 24 Strictly Country\*, Birthdays
- 26 Leon and Lyle\*
- 31 Halloween Party (recorded music, costume prizes, games)

\*Music

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 10 and 11 for additional activities and events for the month of September.

Activity Center OCTOBER Calendar

- |                                 |            |
|---------------------------------|------------|
| 3 Dominoes & Pinochle           | 1:00 p.m.  |
| 4 Architecture Craft            | 11:00 a.m. |
| 5 Riddles                       | 11:00 a.m. |
| Bridge, Euchre, Pepper          | 1:00 p.m.  |
| 6 Word Games                    | 11:00 a.m. |
| Beginning Line Dancing          | 1:00 p.m.  |
| 7 Bingo (Impact Medical Supply) | 1:00 p.m.  |
| 10 Dominoes & Pinochle          | 1:00 p.m.  |
| 12 Riddles                      | 11:00 a.m. |
| Bridge, Euchre, Pepper          | 1:00 p.m.  |
| 13 Bunco                        | 11:00 a.m. |
| Beginning Line Dancing          | 1:00 p.m.  |
| 14 Penny Bingo                  | 11:00 a.m. |
| (bring your pennies)            |            |
| 17 Dominoes & Pinochle          | 1:00 p.m.  |
| 18 Chocolate Cupcake Day        | 11:00 a.m. |
| 19 Bingo (Crestwood Village)    | 11:00 a.m. |
| Bridge, Euchre, Pepper          | 1:00 p.m.  |
| 20 Beginning Line Dancing       | 1:00 p.m.  |
| 21 Bingo (Prestige Centre)      | 11:00 a.m. |
| 24 Dominoes & Pinochle          | 1:00 p.m.  |
| 25 Mary Kay pampering           | 10:45 a.m. |
| Movie, “The Meddler”            | 12:45 p.m. |
| 26 Riddles                      | 11:00 a.m. |
| Bridge, Euchre, Pepper          | 1:00 p.m.  |
| 27 Jeopardy                     | 11:00 a.m. |
| Beginning Line Dancing          | 1:00 p.m.  |
| 28 Halloween Spooktacular       |            |
| Jeff the Magician               | 11:00 a.m. |
| Spooky Good Bingo               | 1:00 p.m.  |
| 31 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



Happy 70<sup>th</sup>  
Wedding  
Anniversary  
Charles (Bud) &  
Mina Garrett

Congratulations  
on 70 years!

Weidman OCTOBER Calendar

- 3 Paper Pumpkin Craft
- 5 Music Makers
- 7 Cards
- 10 Board Games, Cards
- 12 Music Makers, Birthday Party
- 14 Wii Bowling
- 17 Cards
- 19 Music Makers
- 21 Board Games
- 24 Wii Bowling
- 26 Music Makers
- 28 Cards
- 31 Penny Bingo

IN MEMORY

**Wenonah Beltinck**  
Kenneth & Vickie Block  
Dolores Schumacher & Jill Noch  
Richard & Ruth Ann Beltinck

**Wayne Cole**  
Neva Cole

**Barry Fike**  
Dolores A. Cluley-Lockwood

**Gerald Gimney**  
Willard & Joyce Seeley

**Linda Guild Glover**  
Don & Jo Riley

**Mildred Jones**  
Terry & Brenda Costigan  
Dave & Suzi Fussman  
Doug & Chris Hale  
Howard & Mary Lou Jones  
Tena Richie & Martha Partlo  
Ron & Cindy Partlo  
Wes & Cheryl Schutt  
Willard & Joyce Seeley

**Dorothy A. Johnson**  
Rick & Mary Barz

**Fred Fritz Williamson**  
Olga Williamson  
Robyn Neumann  
Steve & Chris Williamson

DONATIONS

Thomas Pappas

*Activity Center*

Irene Chapman  
Melvin Onuskanich  
Richard & Jean Thomas

*Gold Key Volunteer Mileage*

James & Sally Wojciechowski

ACTIVE LIVING  
DONATIONS

Dan & Shirley Abbott  
Jack Adams  
Betsy Ashbaugh  
Marlin & Marilyn Bell  
Hilda Calkins  
Dolores A. Cluley-Lockwood  
Neva Cole  
Donna Collins  
Brenda Curtiss  
Marge Deibel  
Herbert & Marilyn Deromedi  
Joan Doan  
Mary Lou Duffy  
Elizabeth Goffnett  
Betty Hammond  
Barbara Jason  
Cynthia Kaliszewski  
Wilbur Kawaski  
Shirley Klein  
Mary Leatherman  
Beverley Mapes  
Jean Mitchell  
Helen Pappas  
Doris Proulx  
Janette Quirk  
Bonnie Ranck  
Loretta Ruby  
Leila Sansote  
Jack & Mary Lou Westbrook  
James & Sally Wojciechowski  
Marilyn Zorn

West Side/Ganiard  
School Reunion

Alumni, Neighbors, Friends, Retired  
School Staff hope you are free for this  
FREE Event!

**Wednesday, October 19**  
**10:00 a.m. - 2:30 p.m.**  
**Commission on Aging, Rooms**  
**A&B**  
Open House

Morning Coffee, Refreshments &  
LUNCH!

Time to Chat  
Door Prizes  
Share Stories with friends  
Photos to help identify  
Come and go as you can!

Make plans to attend and bring a friend!  
Ganiard History Project DVD (20  
minutes) will be shown at 11:00 a.m. &  
1:00 p.m.

Sponsored by Area Businesses, Ganiard  
History Project, West Side/Ganiard friends!

Questions? Contact Val Wolters  
[Ganiardhistory08@gmail.com](mailto:Ganiardhistory08@gmail.com)  
**(989) 621-5846**

Mt. Pleasant  
Fraternal Order of Eagles 4463

President’s Fundraiser &  
Supper for Charities

Saturday October 8  
Supper, 6:00 p.m.  
Entertainment, 7:00 p.m.  
Silent Auction, 5:30 - 7:30 p.m.

A portion of the proceeds benefit  
Commission on Aging

The Eagles is located at  
1440 S. Isabella Rd., Mt. Pleasant



Genealogical Society

The Genealogical Society meets the second Thursday of the month at 7:00 p.m. at COA in Room B. October 13 - *Kandi Haskell will present:* “Creating Photo Memory Books.” How to compile your photos into a book using online photo book services. More information may be obtained at <http://isabellagenealogy.org>

Isabella County Retired School Personnel

The Retired School Personnel will meet Tuesday, October 4 for our fall legislative meeting at 12:00 p.m. at the Commission on Aging in Room A. Brian Mielke and Roger Hauck will present their platform for the State Representative in the 99<sup>th</sup> District in the November election. There will also be a media sale to raise funds for our scholarship with the Mt. Pleasant Area Community Foundation. Please contact Judi Swartz at (989) 773-5893 or [emailforjudi@charter.net](mailto:emailforjudi@charter.net) if you are planning to eat lunch. Lunch costs \$7.00 per person.

State Employee Retirement Association

SERA will meet Tuesday, October 18 at the Commission on Aging in Room A. The presentation will be by the Isabella County 911 Director, Marc Giffis. He will provide information regarding the upcoming "Surcharge Increase request" that will be on the November 8, 2016, general election ballot. This presentation will begin at 1:00 p.m. and will last approximately 10-15 minutes. There will be time for questions. Following the presentation we will have our business meeting. Afterwards there will be the 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](mailto:jac62irish@yahoo.com).

Mt. Pleasant Historical Society

Cathy McCune of Central Michigan University will present a program entitled “Barn Quilts” to the Mt. Pleasant Area Historical Society (MPAHS) meeting at 7:00 p.m. Tuesday, October 4 in Room C at the Isabella County Commission on Aging Building, 2200 S. Lincoln Road, Mt. Pleasant. The public is invited and encouraged to attend this meeting, which will present the speaker at the beginning of the evening before the MPAHS business meeting, at which 2017 MPAHS Officers will be elected.

COMMISSION ON AGING  
ADVISORY BOARD

District 1	Roxanna Dunevant
District 2	Ruth Anne Maniteau
District 3	Shirley Decker
District 4	John Dinse
District 5	Mark Pasquali
District 6	Ken Kopke
District 7	Sarvjit Chowdhary
At-Large	Debbie Barker
At-Large	Claudia Douglass

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Isabella Seniors  
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Member	Ralph Pitts

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 1<sup>st</sup> of each month. In order to complete the entire process we need to receive information for submission by the 10<sup>th</sup> 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 and Federal, State and Isabella County appropriations.

OCTOBER 2016  
ACTIVE LIVING

GOLD KEY  
VOLUNTEERS  
  
NEEDED

AARP Tax-Aide Volunteers  
Helping Hands Volunteers  
Kitchen Assistant Volunteers  
Meal Site Assistant Volunteers  
Receptionist Volunteers

Please see page 4 for days, times and  
a complete description of  
Volunteer responsibilities.

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Active LIVING

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

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

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**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.*