

Active LIVING

Published monthly by the Friends of Isabella Seniors for the Isabella County Commission on Aging
Friends of Isabella Seniors - 2200 S Lincoln Rd., Mt. Pleasant, MI 48858 - (989) 772-0748 - isabellacounty.org/active-living-newspaper

There's Still Time to Join a Great Program and Make a Difference! Foster Grandparent and Senior Companion Volunteers Wanted Serving Clare, Gratiot and Isabella Counties

► **Would you like to earn extra money?! Make a difference in a child or older adults life!**

You must be: 55 and older, meet income guidelines, available to volunteer 15 - 20 hours weekly, and pass background checks.

Benefits:

- *\$2.65 an hour non-tax stipend (will not affect social security, subsidized housing etc.)*
- *Mileage reimbursement*
- *Training*
- *A meal during service hours*
- *PTO and Holiday Pay*

Please contact: Brandi Knivila at (989)772-0748 for more information

Call NOW!

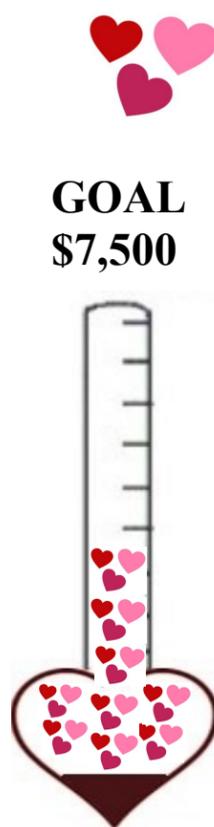
Please Have-A-Heart

Commission on Aging and Friends of Isabella Seniors are asking you to "Have-a-Heart" and make a donation to support the 2019 Have-A-Heart Project.

The "Have a Heart" project depends solely on the generosity of Isabella County residents. There are no federal, state or local funds used for this program. As in the past, the COA expects to assist between 75 to 100 older adult residents in Isabella County with the high costs of prescription medications, warm winter clothing, and food. If you have questions or would like more information, please contact the Commission on Aging at (989) 772-0748.

Help Us Reach Our Goal

Please fill out and return the form at right. Every dollar helps us reach our goal. **Thank You** in advance for your willingness to help our friends and neighbors.



YES, I Want To Help Have a Heart

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

I would like to donate the amount of \$ _____

My donation is in memory of:

in honor of:

Please keep my donation anonymous.

Make checks payable to: **FOIS - Have-a-Heart**

Mail to:
Friends of Isabella Seniors
Attn: Have-A-Heart
2200 S. Lincoln Rd.
Mt. Pleasant, MI. 48858

Director's Comments



Happy New Year! The hustle and bustle of the holiday season has passed, and now we can settle in for the winter. If you choose to decorate your home with holiday cheer, you might take down your decorations right away, or maybe you are slowly getting your home back to normal. Either way, I hope that you had a wonderful holiday season and created wonderful memories with those you hold dear.

Twenty-four years ago, the Isabella County Commission on Aging and Friends of Isabella

Seniors teamed up to create the Have-a-Heart Project, a program that provides financial assistance for older adults to be used for items such as food, prescriptions, gasoline or other costs necessary to maintain a household. The Have-a-Heart Project is funded solely by individual donations, which are tax deductible if you itemize your deductions. We are currently accepting donations and plan to distribute the gifts on or around Valentine's Day. If you are able, we ask that you "have a heart" and donate to this worthy cause, helping us to help those who are truly in need.

On behalf of our Isabella County Commission on Aging family, I wish you a wonderful 2019, filled with love, friendships, and good health. As always, we look forward to serving you throughout the year!

Jennifer A. Crawford, M.S.A., COA Executive Director

Mission Moments



Foster Grandparent Lorraine Decker is getting ready to work with her students at Beal City Elementary.



Foster Grandparent Ann Moomey is listening to a student read at Hillcrest Elementary, in Gratiot County.



Senior Companion, Jack Eaton is showing off his poetry and story talents as he shares them with persons served every week at MMI, Mt. Pleasant.



Senior Companion Donna Ball is getting ready to visit with residents at Medilodge in Clare County.

As the year came to an end, our Foster Grandparent and Senior Companion Volunteers had a wonderful 2018! Our volunteers who are 55 and older, meet income requirements, serve in Clare, Gratiot and Isabella Counties. Foster Grandparents volunteer in schools, daycares, and early childhood settings with at-risk students on attaining their educational goals. Many of our Foster Grandparents work on reading or math skills.

Senior Companion volunteers work with isolated, homebound older adults or residents at nursing homes who do not have many visitors. Senior Companions take their clients out shopping, to medical appointments or a congregate meal site, or visit and reminisce about the good ole days. Senior Companions are building relationships and are a friendly face to older adults who are not able to have that community connection anymore.

In 2018, Foster Grandparents volunteered 44,504 hours in all three service areas, Senior Companions had 20,082 service

hours! Not only do volunteers stay active, make a difference in their communities; but also build relationships; additionally, they receive a non-taxable stipend of \$2.65 an hour, mileage reimbursement, and a meal during their service hours. Many of our volunteers report that their volunteer experience gives them purpose and a reason to get up in the morning! Schools, clients and nursing homes report the service our volunteers provide are very impactful thus making a huge difference in our communities.

Isabella County Commission on Aging is very grateful for all of our volunteers! It takes a village, and the impact they are making is priceless and inspirational. For more information on the Foster Grandparent or Senior Companion program, please contact the FGP/SCP Director: Brandi Knivila at (989) 772-0748.

Brandi Knivila Foster Grandparent & Senior Companion Program Coordinator

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

Ask a COA Specialist

Question: My mother lives alone and is having difficulty bathing herself. She is unsteady and is afraid of falling while showering. Does the Commission on Aging have anyone to assist?

Answer: The Isabella County Commission on Aging employs trained personal care aides to assist county residents who are 60 or older with bathing. To request assistance, please contact the COA at (989)772-0748 and ask to speak with a case manager. The case manager meets with the client in their home to assess for services. Once assessed an aide will be assigned to assist the client. The COA does not charge for the service, but there is a suggested donation of \$10 per hour.

Mail your questions to:

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

**Call: (989)772-0748 ext. 236
or Fax: (989)773-0514**

New Health & Wellness Speaker Series at COA

New for 2019!! We will be hosting a **FREE** monthly Health and Wellness Speaker series! We will invite professionals from the community to come in and talk about a wide variety of health and wellness topics. If you have a suggestion for a topic or a speaker you may be interested in, please email Marcy Jerome at mjerome@isabellacounty.org. Dates and times may vary each month as it will depend upon availability of our speaker.

Tuesday, January 29 at 1:00 p.m. at COA in Room B, our first speaker will be Jake Priest, Mobility Consultant with Amigo Mobility. He will help answer questions regarding walkers, manual wheelchairs, power operated vehicles or power wheelchairs as well as safety, service and repair, and Medicare eligibility and reimbursement. To register, please call Marcy Jerome at (989) 772-0748.

Free Tax Preparation Available

The Isabella County Commission on Aging is working again with the AARP Tax-Aide program to assist area citizens by providing free income tax preparation with free e-filing available. This service is provided to low and middle income seniors. Appointments for all sites except Andahwod Senior Care, Winchester Towers and Riverview must be made by calling the Commission on Aging. Andahwod Senior Care, Winchester and Riverview residents 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. Individuals who are self-employed, have rental property, large numbers of stock transactions or have sold property (other than their main home) should consult a paid professional tax preparer.

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

2019 Tax Preparation Schedule

Commission on Aging - Activity Center

Thursdays

February 7 thru April 4

9:30 a.m. to 3:00 p.m.

Some additional dates on Tuesdays and Wednesdays will be available in February and March. Call to check schedule.

Blanchard Library/Rolland Township Hall

Tuesdays

February 12 and March 19

10:45 a.m. to 12:45 p.m.

Weidman Food with Friends Site/Weidman Library

Tuesdays

February 5, 19 and March 12

10:30 a.m. to 1:30 p.m.

Coe Township Library, Shepherd

Tuesday, February 5 and March 19

12:00 p.m. to 5:00 p.m.

Above sites, call for an appointment (989) 772-0748.

Residents of Riverview, Winchester Towers and Andahwod Senior Care please call your building office for dates and times. Those appointments are limited to residents of those facilities.

Tax payers MUST bring Social Security cards (NOT Medicare cards) and blank checks if direct deposit is desired.

ALERT!

THE STATE OF MICHIGAN HAS CHANGED THE PROPERTY TAX REFUND ALLOWANCE. PLEASE BRING YOUR PROPERTY TAX BILLS WITH YOU THIS YEAR EVEN IF YOU HAVE NOT PREVIOUSLY RECEIVED PROPERTY TAX CREDIT.

Events and Classes at COA

Winter Schedule Changes

MARSP will not meet January thru April. The next meeting will be May 14, 2019. Mahjongg will not meet again until spring. No Water Aerobics or Aqua Zumba until Monday, January 7 at CMU. The next open meeting for the Mt. Pleasant Garden Club is Monday, March 19. Genealogical Society meets in March.



“Secluded Beach” Wednesday, January 2

4:00 p.m. to 6:00 p.m. in COA Room C.

\$25 per person due by Friday, December 28. (supplies included)

Let award winning television artist Steve Wood help develop the “artist” in you to create “Secluded Beach.” You don’t have to be “born with the gift” to be a great painter. Remember “Anyone Can Paint” these pieces of art. 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 COA at (989) 772-0748 to register.

iPad and iPhone Class at COA meets in January

The next scheduled class on Tuesday, January 15 at 2:00 p.m. in Room B will be an open discussion/question and answer session. Bring any computer or device questions with you as well as future topic suggestions! Sponsored by Veterans Memorial Library

You are Invited to Participate in the Mid Michigan Quilt Guild String Quilts Workshop

The Mid Michigan Quilt Guild would like to invite you to participate in their String Quilts Workshop on Saturday, January 26 at COA in Rooms A & B. The workshop will be from 8:00 a.m. to 5:00 p.m. There will be a potluck lunch, so please bring a dish to pass. If you are able, please bring your sewing machine and supplies along with white or cream thread. All quilts that are made during these workshops will be donated for charity. For additional questions or to sign up, please call Shirley Eibling (989) 317-0708.

FREE Movie & Popcorn

The movie, *The Post*, will be shown on Tuesday, January 22 at 12:45 p.m. in COA Room B. The movie and popcorn are FREE but donations are always welcome. Starring Meryl Streep as Katharine Graham and Tom Hanks as Ben Bradlee, the film was directed by Steven Spielberg and based on true events. Katharine Graham is the first female publisher of a major American newspaper -- The Washington Post. With help from editor Ben Bradlee, Graham races to catch up with The New York Times to expose a massive cover-up of government secrets that spans three decades and four U.S. presidents. Together, they must overcome their differences as they risk their careers -- and very freedom -- to help bring long-buried truths to light. (Rated PG-13 for language and brief war violence, 1 hour and 46 minutes) Call Katie 989-772-0748 AT LEAST 24 HOURS IN ADVANCE to register for the movie.

SilverSneakers Yoga Stretch

SilverSneakers® Yoga Stretch classes offer a variety of stretching exercises in both seated and standing positions. The positions involve stretching and reaching your limbs and gently bending your body into easy to reach positions that are designed to target specific muscle groups and joints within the body.

The yoga positions are designed with SilverSneakers® participants' needs in mind and are easy to perform no matter your fitness level.

SilverSneakers is covered by some insurances. If you are covered, please contact Marcy Jerome (989) 772-0748 before starting class.

Wednesdays

9:00 a.m. - 10:00 a.m.

COA Room A

Must purchase a fitness punch card:

12 classes for \$36

Water Aerobics

*SAC Pool CLOSED Until Jan. 5

Whether you want low or high intensity, this class is easy on your joints. Can't jump? OK, kick instead. Can't raise arms high? OK, work them in the water. Want social time? Yes, we have a chatty group. Class is held based on CMU schedule and routine closings.

Mondays, Wednesdays, Fridays

9:05 a.m. to 10:05 a.m.

CMU SAC Pool

Requires purchase of Non-expiring Fitness Punch Card:

12 classes for \$36

MUST have a liability form on file with COA to attend the class. Forms and punch cards available at COA.

Instructor: Mary Alsager

This page is sponsored by: **Your organization or family**

Fitness Classes

For more information or to register contact Marcy Jerome at COA (989) 772-0748

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!

***SAC Pool CLOSED until Jan. 5**

Tuesdays & Thursdays

7:15 a.m. - 8:15 a.m. - CMU SAC Pool *

Requires purchase of Non-expiring

Fitness Punch Card:

12 classes for \$36

MUST have a liability form on file with COA to attend the class. Forms and punch card available for purchase at COA

Instructor: Judi Swartz

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 at 4:00 p.m. - 5:00 p.m.

COA Fitness Room

Requires purchase of Non-expiring

Fitness Punch Card:

12 classes for \$36

Drop-in Fee \$5

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 p.m. - 7:00 p.m.

COA Fitness Room

No Charge

Instructor: Sue Courington

Line Dancing

Beginner

Wednesdays

9:00 a.m. to 11:00 a.m.

COA Room C

No Charge

Instructor:

Echo Godwin

Intermediate

2nd & 4th Tuesdays

2:00 p.m. to 4:00 p.m.

COA Room C

No Charge

Instructor:

Ardith Gloden

Yoga

Zen Yoga, with gentle range of motion movements, includes gentle holding positions for hips, lower back and shoulders.

Tuesdays 1:30 p.m. - 2:30 p.m.

COA Fitness Room

Requires purchase of Non-expiring

Fitness Punch Card:

12 classes for \$36

Drop-in Fee \$5

Please bring your own mat

Punch card available for purchase at COA

Instructor: Catherine Tobin

Peer Led

Low-Impact Exercise

Mondays, Wednesdays, Fridays

10:15 a.m. COA Fitness Room

No Charge

Tai Chi for Health and Balance

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

Beginner Tai Chi

(Tai Chi for Health and Balance)

Thursdays - 10:00 - 11:00 a.m.

January 3, 10, 17, *, 24

*** Plus Tuesday, January 22**

Fridays - 1:00 - 2:00 p.m.

January 4, 11, 18

No experience necessary

Intermediate Tai Chi

(Yang 24)

Wednesdays & Fridays

January 2, 4, 11, *, 16, 18, 23, 25

*** Plus Monday January 14**

3:00 p.m. - 4:00 p.m.

Advanced Tai Chi (Sun 73)

Thursdays & Fridays

January 3, 4, 10, 11, 17, 18, *, 24

*** Plus Tuesday, January 22**

11:30 a.m. - 12:30 p.m.

Requires purchase of Non-expiring

Fitness Punch Card:

12 classes for \$36

Punch card available for purchase at COA

Loose Clothing and Supportive Shoes

Is Recommended

Ann FitzGerald,

Board Certified Instructor

Tai Chi for Health Programs

COA Travel Activities

**Turkeyville
Tuesday, March 26**

Money and reservation due by February 26

Cost \$85 per person includes Motorcoach transportation, snack, show ticket and turkey lunch buffet. Motorcoach will depart the COA at 9:15 a.m. Buffet style turkey dinner served at noon. The show will start at 2:00 p.m. There will be some time when we first arrive and before the start of the show to browse the gift shop. We should arrive back to COA around 6:00 p.m.

Give me that Old Time Religion, it's good enough for me with toe tapping, and knee slapping inspirational music we all love. Come on down to the "Ellen" theatre in Big Elk North Carolina as a Concert Promoter is getting ready for a HUGE concert. As the evening starts, the band has not arrived. Promoter, Debbie Stalker is at a loss as to what to do. She tried to stall the show as the entire crew is waiting for the entertainers to show up. Lucky for the promoter and the town, some of the residents of Big Elk are ready to jump in and help out. The Evening goes on with its share of challenges, but by show time, all is resolved and the fun begins. Songs include: "Old Time Religion", "Jesus Loves You" and "Smoky Mountain Sunday."

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 for safety reasons. We will do our best to reschedule should this occur. Minors under the age of 18 are welcome on certain trips but must be accompanied by an adult. Persons who need assistance are welcome, however they must be accompanied by an adult who can assist them. Both parties must purchase a seat for trip.

RESERVATIONS & PAYMENTS
Send payments to: COA Activity Center Attn: Marcy Jerome
2200 South Lincoln Road, Mt. Pleasant, MI 48858
www.isabellacounty.org/dept/coa Click on COA Trips or
Call (989)772-0748 for information!

Events

Senior Dance

**Tuesday, January 15
5:00 p.m. to 8:00 p.m.
at COA in Room C**

Live music by: Kick'n Kountry

Cover charge: \$5 and 50/50 Raffle

**Bring your dancing shoes, or just come
enjoy the live music!**

Snacks and Refreshments available for purchase

Questions: Call Marcy Jerome at 772-0748



**Join Us at COA
in Room C for the**

Ice Cream Social

Tuesday, January 15 at 12:30 p.m.



Hot Cocoa Social

Wednesday, January 23 at 12:30 p.m.

Thank You to DaVita Mt. Pleasant Dialysis



On December 12, 2018 representatives from DaVita Mt. Pleasant Dialysis presented the staff of the Isabella County Commission on Aging with a very generous donation of \$950.00 to support the programs and services of the COA. DaVita staff mentioned that they chose the Commission on Aging as a recipient of their donation because our Gold Key Volunteer Drivers often transport dialysis patients to their office for treatment, and they also enjoy learning about the wonderful programs and activities offered through the COA for the older adults throughout Isabella County.

AARP Smart Driver Course

Monday, March 4

8:15 a.m. – 4:30 p.m.

Room B at COA

Cost: \$15 for AARP members/\$20 for non-AARP members. The AARP Smart Driver Course covers the effects of aging on driving, coping strategies, accident prevention, an update on Michigan driving laws and much more. Those over age 50 who complete the course may be eligible for a discount on auto insurance premiums if offered by their insurance company. Registration includes all class materials and the certificate to submit for insurance discounts. A 30-minute lunch break is scheduled. Lunch is available on-site thru Commission on Aging, or you may bring your own lunch. COA lunch costs \$5 for those 59 and younger and a suggested donation of \$2.50 for those 60+. **Be sure to bring your driver license and AARP card if you have one. To register, call Marcy Jerome at (989) 772-0748.**

Attention: All Retirees and Retired Office Personnel

Are you looking to give back to your community? See our golden opportunities below:

Home Delivered Meal Drivers

Become a friendly face delivering warm lunchtime meals to homebound older adults throughout Isabella County. Route pickup times are between 10:30 a.m. – 11:00 a.m. and typically take 1 to 2 hours. Duties include the pick-up and delivery of meals, checking the wellness of the recipient and providing a friendly smile. Volunteers use their own vehicle, should be able to lift 15 pounds and climb stairs as necessary. Mileage reimbursement is available.

Seeking Volunteers for:

**Weidman Route – Monday & Wednesday
Winn – Wednesdays & Fridays**

**Route 21 (Mt. Pleasant Area) – Thursdays
Shepherd – Substitutes any day**

Reception Ambassadors

If you enjoy a professional office atmosphere which includes greeting visitors and performing general clerical duties, the Commission on Aging needs you! Reception Ambassador duties may include: referring calls to appropriate staff members, taking messages, answering phone call general inquiries and other general office work. Office experience and the ability to handle multi-line phones is preferred; computer skills are helpful. Volunteers may serve shifts Monday through Friday mornings from 8:00 a.m. to 12:15 p.m. or afternoons from 12:15 p.m. to 4:30 p.m.

Seeking Volunteers for winter (January-April):

*** Monday morning Tuesday afternoon Friday afternoon Substitutes any day**

For more information or to register as a Gold Key Volunteer, please contact Kelly Herrmann at (989) 772-0748 or by email at kherrmann@isabellacounty.org.

This page is sponsored by: **Clark family Funeral Chapel and Cremation Service**

Monday	Tuesday	Wednesday
<p>Food with Friends Lunch Served Monday thru Friday at 12:00 p.m. in Activity Room C. See our Menu on pg. 12</p> <p>Calendar Key: ◆ = Reservation Required \$ = Fee for Activity</p>	<p>Closed</p> 	<p>9:00 SilverSneakers Yoga Stretch (A) 10:15 Peer Led Low-Impact Exercise (F) 11:00 Riddles (C) 12:00 COA Advisory Board (Craft) 1:00 Happy Ripper Quilters (Craft) 1:00 Pepper (C) 3:00 Intermediate Tai Chi \$◆(F) 4:00 Anyone Can Paint \$◆(C) 6:30 Friends of the Broadway (A)</p>
<p>9:00 AARP Tax Training (B) 10:00 Dulcimer Practice (Craft) 10:15 Peer Led Low-Impact Exercise (F) 12:00 Community Service Council (A) 1:00 Dominos & Pinochle (C) 3:00 Intermediate Tai Chi \$◆(F) 7:00 Friends of the Dog Park (Craft)</p>	<p>8:00 Legal Aid (CF) 9:00 AARP Tax Training (B) 10:00 Needle Crafters (Craft) 11:00 The Music Makers (C) 1:30 Yoga \$ (F) 2:00 Intermediate Line Dancing (C) 7:00 Mid MI Wood Crafters (Craft)</p>	<p>9:00 Beginner Line Dancing (C) 9:00 Second Sight Artists (Craft) 9:00 SilverSneakers Yoga Stretch (A) 9:00 AARP Tax Training (B) 10:15 Peer Led Low-Impact Exercise (F) 11:00 Riddles (C) 1:00 Between the Covers Book Club (Library) 1:00 Pepper (C) 1:00 Happy Ripper Quilters (Craft)</p>
<p>9:00 AARP Tax Training (B) 10:00 Dulcimer Practice (Craft) 10:15 Peer Led Low-Impact Exercise (F) 1:00 Dominos & Pinochle (C) 3:00 Intermediate Tai Chi \$◆(F)</p>	<p>8:30 Friends of Isabella Seniors (Craft) 12:30 Ice Cream Social (C) 1:00 State Retirees Meeting (A) 1:30 Yoga \$ (F) 2:00 iPad / iPhone Class (B) 5:00 Senior Dance (C)</p>	<p>9:00 AARP Tax Training (B) 9:00 Beginner Line Dancing (C) 9:00 SilverSneakers Yoga Stretch (A) 10:15 Peer Led Low-Impact Exercise (F) 11:00 Riddles (C) 1:00 Pepper (C) 1:00 Happy Ripper Quilters (Craft) 1:00 Second Hand Book Club (Library) 3:00 Intermediate Tai Chi \$◆(F)</p>
<p>Closed Martin Luther King Jr. Day</p>	<p>10:00 Beginning Tai Chi \$◆(F) 11:30 Advanced Tai Chi \$◆(F) 12:45 Movie - <i>The Post</i> (A&B) 1:30 Yoga \$ (F) 2:00 Intermediate Line Dancing (C) 5:30 Mid Michigan Quilt Guild (A/B/C)</p>	<p>9:00 AARP Tax Training (B) 9:00 Beginner Line Dancing (C) 9:00 Second Sight Artists (Craft) 9:00 SilverSneakers Yoga Stretch (A) 10:15 Peer Led Low-Impact Exercise (F) 11:00 Riddles (C) 12:30 Hot Cocoa Social (C) 1:00 Pepper (C) & Happy Rippers (Craft) 3:00 Intermediate Tai Chi \$◆(F)</p>
<p>10:00 Dulcimer Practice (Craft) 10:15 Peer Led Low-Impact Exercise (F) 1:00 Dominos & Pinochle (C) 1:00 Medicare Meeting (B)</p>	<p>11:00 Bingo B4 Lunch (C) 1:00 Health & Wellness Speaker Series (B) 1:30 Yoga \$ (F)</p> <p><i>National Puzzle Day</i></p>	<p>9:00 Beginner Line Dancing (C) 9:00 SilverSneakers Yoga Stretch (A) 10:15 Peer Led Low-Impact Exercise (F) 11:00 Riddles (C) 1:00 Pepper (C) 1:00 Happy Ripper Quilters (Craft)</p>

This page is sponsored by: **Charles R. Lux Family Funeral Home (Stinson Helms Rowley Chapels)**

Activity Center - January Activities

Thursday		Friday		Saturday	
	3	9:00 Isabella County Collaborative (B) 10:00 Jam Session (Craft) 10:15 Peer Led Low-Impact Exercise (F) 11:30 Advanced Tai Chi \$◆(F) 12:30 Ukulele (Craft) 12:45 Bingo (The Laurels) (C) 1:00 Beginner Tai Chi \$◆(F) 2:30 Pepper (C) 3:00 Intermediate Tai Chi \$◆(F) National Spaghetti Day - have some today!	4		5
10:00 Beginner Tai Chi \$◆(F) 10:00 Learn to Knit (Craft) 11:00 Word Games (C) 11:30 Advanced Tai Chi \$◆(F) 1:00 Pepper (C) 4:00 Zumba Gold \$ (F) 5:30 Hula Class (F)				12:00 Therapy Dog Testing (Craft)	6
10:00 Learn to Knit (Craft) 10:00 Beginner Tai Chi \$◆(F) 11:00 Share About Your Hobby (C) 11:30 Advanced Tai Chi \$◆(F) 1:00 Pepper (C) 4:00 Zumba Gold \$ (F) 5:00 ICRH (A) 5:30 Hula (F)	10	9:00 AARP Tax Training (B) 10:00 Jam Session (Craft) 10:15 Peer Led Low-Impact Exercise (F) 11:30 Advanced Tai Chi \$◆(F) 12:30 Ukulele (Craft) 12:45 Bingo (COA) 1:00 Beginner Tai Chi \$◆(F) 2:30 Pepper (Craft) 3:00 Intermediate Tai Chi \$◆(F)	11		
10:00 Learn to Knit (Craft) 10:00 Beginner Tai Chi \$◆(F) 11:00 Brain Games (C) 11:30 Advanced Tai Chi \$◆(F) 1:00 Pepper (C) 4:00 Zumba Gold \$ (F) 5:00 FAN Meeting and Forum (A) 5:30 Hula Class (F) 7:00 Mt. Pleasant Citizens Climate Lobby (B)	17	9:00 AARP Tax Training (B) 10:00 Jam Session (Craft) 10:15 Peer Led Low-Impact Exercise (F) 11:30 Advanced Tai Chi \$◆(F) 12:30 Ukulele (Craft) 12:45 Bingo (A & D) (C) 1:00 Beginner Tai Chi \$◆(F) 2:30 Pepper (C) 3:00 Intermediate Tai Chi \$◆(F)	18		
10:00 Learn to Knit (Craft) 10:00 Beginning Tai Chi \$◆(F) 11:00 Brain Games (C) 11:30 Advanced Tai Chi \$◆(F) 1:00 Pepper (C) 4:00 Zumba Gold \$ (F) 5:30 Hula Class (F) National Compliment Day Offer a sincere compliment to someone	24	9:00 AARP Tax Training (B) 10:00 Jam Session (Craft) 10:15 Peer Led Low-Impact Exercise (F) 11:00 Music by Greg Merwin (C) 12:30 Rep. Roger Hauck (Library) 12:30 Ukulele (Craft) 12:45 Bingo (Woodland Hospice) (C) 2:30 Pepper (C) 3:00 Intermediate Tai Chi \$◆(F)	25	8:00 Mid Michigan Quilt Guild - Quilting Bee (A & B)	26
9:00 AARP Tax Training (B) 10:00 Learn to Knit (Craft) 11:00 Jeopardy (C) 1:00 Pepper (C) 4:00 Zumba Gold \$ (F) 5:30 Hula Class (F)	31	<p align="center">COA Room Guide</p> <p align="center"><i>The room or location for each activity is listed on the calendar for reference. Codes for rooms and 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 Library - Library</p>			

Stroke Support Group

Stroke survivors and caregivers will be able to connect with others who may have had similar successes or struggles, in an environment that fosters emotional support, empowerment and educational opportunities.

Meets the 2nd Monday of each month, 3:00 p.m. to 4:30 p.m.
McLaren Central Michigan Hospital
Conference Room E, 1221 South Drive, Mt. Pleasant
 Call Rehabilitation Services Dept. at (989) 779-5604 to register.

Free Balance Screenings

This 20 minute screening may be helpful for anyone wanting to check their balance or for those with loss of balance, weakness or decreased coordination. Our licensed Physical or Occupational Therapist performs the screening and provides a consult. You will also receive a copy of your screening results and results will be sent to your physician, if requested.

McLaren Central Michigan Rehabilitation Services
2600 Three Leaves Drive, Mt. Pleasant
 Call (989) 779-5604 to schedule an appointment.

Community Cholesterol Screening

Cholesterol plays a key role in your heart health. A screening test is available that includes information about your:

- Total cholesterol - HDL cholesterol - LDL cholesterol
- Glucose - Triglycerides - Blood Pressure

Fasting for 10-12 hours before the test is required.

Walk-in cholesterol screenings will be offered on **Wednesday, January 16, from 7:00 a.m. to 10:00 a.m.** Cost \$25. No appointment is necessary; however registration is needed the day of your screening. The registration desk is located inside the East entrance of the hospital (**the old Emergency Department entrance**). **McLaren Central Michigan, 1221 South Drive, Mt. Pleasant.**

Sign-up Today for Home Health Visits
Contact the Healthy Aging Initiative to sign-up at
(989) 774-1350

HEALTHY AGING

- Live safer, healthier and longer
- In-home health assessment
- Follow-up with Central Michigan University doctors
- Help train doctors of the future

FALL PREVENTION

- Free weekly workout program
- Reduce risk of falling by improving health and balance
- Transportation available



Are You New To Medicare ?

Beginning in January, the Commission on Aging will offer a **FREE** seminar covering the basics of Medicare. The seminars will be offered on the **last Monday of each month at 1:00 p.m. at COA**. The seminars will last 45 minutes to 1 hour so you can attend the seminar on your lunch hour.

The first seminar will be on **Monday, January 28, in Room B**. If you plan to attend, please call the Commission on Aging at **(989) 772-0748 beginning January 1, 2019** to register for the seminar. There is no cost for the seminar.

How To Communicate in a Disaster Situation

Share this information with family and friends.

- **Change your cellphone settings to use wifi for calls.** You can also use Facebook Messenger, Skype and WhatsApp for wifi calls.
- **Change your voicemail welcome message ASAP.** If calls aren't going through, friends and family will know you're safe.
- **Send text messages instead of phone calls whenever possible.** Texts require less demand from often overloaded active cell towers.
- **Update your social media profiles: Facebook, Twitter, Instagram, WhatsApp.** Tell people if you're okay, where you are and what you need.

KQED

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

State Employee Retiree Association (SERA)

The next meeting for the State employee's Mt. Pleasant Chapter will be held on January 15, 2019 at 1:00 p.m. In Room A at the Commission on Aging. The presentation will be by Lauri Schmidt from the Hantz group. She will be bringing retirees back to the basics of State of Michigan retiree benefits. She will have information regarding all benefits as well as discount programs and hearing benefits through BCBSM. Following the presentation we will have our business meeting. The current board members are: James Schafer (Chairman), Jennie Cooper (Vice-chair and memberships), Judy Layfield (Newsletter), Frieda Augustine (Treasurer), Irene Chapman (Sunshine report) and Jackie Curtis (recording secretary and program coordinator). Members at large: Donna Collins, Carol Metcalf, Shirley Stambaugh, and Barbara Wells. Following the business meeting there will be the door prize and 50/50 drawing. I hope all had a great Christmas and safe New Years. May 2019 be better for seniors and retirees. If there are any questions, please feel free to contact Jackie Curtis at (989) 772-0597 or jac62irish@yahoo.com.



All cash fare collected January 12, 2019 will be donated to purchase items for The Care Store.

Have You Heard About The Care Store?

The Care Store provides personal hygiene and household cleaning products (items not eligible for retail purchase with a Bridge Card) to individuals in need who have earned Care Bucks from one of 21 local human services agencies.

Top 10 Needs at The Care Store

1. **Laundry Detergent**
2. **Trash Bags**
3. **Brooms/Mops**
4. **Body Wash**
5. **Body Lotion**
6. **Disinfectant Cleaning Products**
7. **Feminine Hygiene Products**
8. **Shampoo / Conditioner** (including children & ethnic hair care)
9. **Incontinence Products** (Children: Pull Ups/Good Nights Youth Pants, Adults: Poise, Depends - all sizes)
10. **Paper Products** (Toilet Paper, Paper Towels)

The Care Store is happy to receive your donations on **Sundays at Mt. Pleasant Community Church's Information Center at 1400 West Broomfield Rd. in Mt. Pleasant.**

Or you may take your donations to the **Care Store located at 1114 West High St., Mt. Pleasant in the Strickler Non Profit Center on Mondays and Wednesdays from 12:00 p.m. to 6:00 p.m., Thursdays from 9:00 a.m. to 6:00 p.m., and Fridays from 9:00 a.m. to 12:00 p.m.**

2019 Isabella County Parks Camping & Pavilion Information

January 4, 2019: "Opening Day" for any camper wanting to make reservations (2 days or more) for the 2019 season. *8:00 a.m. Walk Ins at the Parks Office; Noon to 4:30 p.m. phone lines open and mail-in reservations are opened.*

May 1, 2019 - October 15, 2019: Camping season at Coldwater & Herrick Parks

All Year Round: Deerfield Nature Park (rustic tent camping)

Gift Certificates are Still Available!

Give the gift of:

Camping Fees, Cabin Rental or Annual Permits

Redeemable at:

Coldwater Lake Family Park

Deerfield Nature Park

Herrick Recreation Area



989.317.4083



Legal Services

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

Legal Services offers appointments at COA Activity Center. For an appointment call :

1-866-552-2889

COA Holiday Closings:

No Meals Served

Tuesday, January 1 & Monday, January 21

FWF Eat Smart Menu

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 CLOSED Happy New Year	2 POTATO CRUNCH FISH BREAD OVEN BROWNED POTATOES BROC/CAUL SALAD PINEAPPLE SKIM MILK	3 SLICED TURKEY BREAD AUGRATIN POTAOTES BRUSSEL SPROUTS PUMPKIN CUSTARD SKIM MILK	4 BAKED CHICKEN BREAD WHIPPED POTATOES GRAVY CARROTS PEARS SKIM MILK
7 FISH STICKS BREAD 24 HR CABBAGE SLAW PEAS & CARROTS CINNAMON APPLESAUCE SKIM MILK	8 BAKED HAM BREAD SCALLOPED POTATOES WINTER BLEND APRICOTS SKIM MILK	9 BEEF AND NOODLES BREAD ITALIAN BLEND MIXED FRUIT CUP SKIM MILK	10 CHICKEN POT PIE BISCUIT GREEN BEANS MANDARIN ORANGES CHOCOLATE PUDDING SKIM MILK	11 SMOTHERED CHICK BRST BREAD BAKED POTATO CALIFORNIA BLEND PINEAPPLE TIDBITS SKIM MILK
14 CHICKEN NUGGETS BREAD FRENCH FRIES YELLOW WAX BEANS PEARS SKIM MILK	15 SWEDISH MEATBALLS BREAD SCALLOPED POTATOES CAULIFLOWER BERRY FRUIT CUP SKIM MILK	16 CHOP SUEY BREAD BROWN RICE KYOTO VEGETABLE TROPICAL FRUIT SKIM MILK	17 HOT DOG HOT DOG BUN WINTER BLEND CUCUMBER SALAD Peaches SKIM MILK	18 SALISBURY STEAK BREAD WHIPPED POTATOES PEAS & CARROTS MICHIGAN FRUIT CUP SKIM MILK
21 CLOSED	22 CHILI CORN BREAD Baked Potato CAULIFLOWER STRAWBERRIES SKIM MILK	23 PORK CHOP BREAD COMPANY POTATOES GREEN BEANS PINEAPPLE & ORANGES SKIM MILK	24 BBQ CHICKEN BREAD Squash PEAS RICE PUDDING SKIM MILK	25 TURKEY LOAF BREAD Whipped Potatoes/Gravy CORN Cinnamon Applesauce SKIM MILK
28 GOULASH DINNER ROLL MIXED VEGETABLES PEACHES & PEARS SKIM MILK	29 CORN CHOWDER BREAD STICK HARD COOKED EGG TOSSED SALAD FRESH ORANGE SKIM MILK	30 MACARONI & CHEESE BREAD BROCCOLI CITRUS SALAD GREEN BEANS PINEAPPLE TIDBITS SKIM MILK	31 MINI CORN DOGS BREAD POTATO WEDGES CARROTS FRUIT COCKTAIL SKIM MILK	

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.

Jeanette Brussow, Site Mgr., (989) 433-0151

Happy New Year! That being said . . . why not start the New Year off by trying something new? Meet some new friends? The Rosebush Food with Friends site has just what you're looking for. Every Monday, Wednesday, and Friday we offer Sit and Get Fit at 11:15 a.m. Lunch is served at noon, so why not stay for a warm, delicious meal? Hang around after lunch and play a couple of games of bingo, listen to some fantastic music, or do a craft. There is something for everyone at the Rosebush Food with Friends site. Don't forget about our ice cream social, what a great way to spend an afternoon! We look forward to seeing you . . .

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

Rosebush JANUARY Calendar

- 2 Penny Bingo
- 4 Manicures
- 7 Bingo with Prizes
- 9 Penny Bingo
- 11 Hawaiian Party / Hula dancers / Ice cream social
- 14 Winter craft / Nutrition Ed
- 16 Penny Bingo
- 18 Music by Dale Hafer
- 21 Closed
- 23 Penny Bingo
- 25 Music by Mark Baumann
- 28 Jeopardy
- 30 Penny Bingo

*This page is sponsored by: **Isabella County Historical Society***

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

Happy New Year! Let's make this the year to come out and meet new friends at the Shepherd Food with Friends site. We are a fun, friendly group. Why not join us for a game of bingo or cards, listen to music, or just share a few laughs over a cup of coffee? We hope you can join us, we look forward to seeing you!

Shepherd JANUARY Calendar

2	Games
4	Bingo with Prizes
7	Games
9	Triominos
11	Music by Dan Kirchner
14	Music by Greg Merwin
16	National Hat Day-most creative hat wins a prize
18	Bingo with Prizes
23	National Pie Day
25	Opposites Day-wear something backwards or mismatch your socks
28	National Soup Day
30	Games or Triominos - a favorite!

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

Happy New Year! Hope you all had a wonderful holiday season, and 2019 is a fabulous year! As always, schedules may change, so please be in touch. Remember, if Mt. Pleasant schools close, so does Food with Friends. However, I'm hoping for no snow days, and lots of good times with all of you!

Winn JANUARY Calendar

2	Music by Midnight Express Nutrition Ed
4	Sit & Get Fit
7	Music by Leon Seiter
9	Music by Strictly Country Birthdays
11	Sit & Get Fit
14	Cards and CDs
16	Music by Greg Merwin
18	Sit & Get Fit
21	Closed
23	Music by Country Kin
25	Sit & Get Fit
28	Euchre
30	Cards and CDs

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

Activity Center JANUARY Calendar

2	11:00 Riddles 1:00 Pepper
3	11:00 Word Games
4	1:00 Bingo (Laurels)
7	1:00 Dominos & Pinochle
8	11:00 The Music Makers
9	11:00 Riddles 1:00 Pepper
10	11:00 Share About Your Hobby
11	1:00 Bingo (COA)
14	1:00 Dominos & Pinochle
15	12:30 Ice Cream Social
16	11:00 Riddles 1:00 Pepper
17	11:00 Brain Games
18	1:00 Bingo (A&D)
21	CLOSED
22	12:45 Movie Day "The Post"
23	11:00 Riddles 12:30 Hot Cocoa Social 1:00 Pepper
24	11:00 Brain Games
25	11:00 Music by Greg Merwin 1:00 Bingo (Woodland Hospice)
28	1:00 Dominos & Pinochle
29	11:00 Bingo
30	11:00 Riddles 1:00 Pepper
31	11:00 Jeopardy 1:00 Pepper

How to cancel a meal . . .

If you need to cancel your meals for any reason, **please notify your FOOD SITE** as soon as possible during their regular hours. When possible, the cancellation should be made the day before. Our drivers cannot leave the meal if you are not at home. Because of federal and state regulations, we are unable to leave your meal unattended. The food, the cost of the meal, the gas and mileage are wasted. So, **please call your FOOD SITE.**

WEIDMAN SENIOR CENTER

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

The holidays are over . . . another year down! I hope that 2019 is a great year for everyone, full of happiness and good health! Please come join us for a hot meal, good music or Sit and Get Fit (to help us burn off some of those holiday calories). We would love to see new faces. We look forward to seeing you!

Weidman JANUARY Calendar

2	The Music Makers / Sit & Get Fit
4	Sit & Get Fit/cards
7	Sit & Get Fit
9	The Music Makers / Sit & Get Fit
11	Sit & Get Fit / cards
14	Sit & Get Fit
16	The Music Makers / Sit & Get Fit / Birthdays
18	Sit & Get Fit / cards
21	Closed
23	The Music Makers / Sit & Get Fit / Nutrition Ed
25	Sit & Get Fit / cards
28	Sit & Get Fit
30	The Music Makers / Sit & Get Fit

IN MEMORY OF

Mary Bower-Vegas
Shirley Klein

Pete Cotton
Sue Cotton

John Dart
Rose Funnell

Jack Fussman #11
Larry Tompkins #20

Pat Fussman #12
Larry Tompkins #20

Boyd "Bud" Goffnett
Marie Price

Donald Hauck
Betty Hauck & Family

Raymond Hauck
Betty Hauck & Family

Ida Holp
Sue Cotton

Ted & Ginger Kjolhede
Walter Schneider

Harry, Mike, Tom, & Jeff Klein
Shirley Klein

Zenona Kyser
Sue Cotton

Deceased Members of Fred McDonald Family
Barbara McDonald

Jim McGuirk
Shirley Klein

Don Mirrielees
Bill & Sue Bisard

Madelene "Peg" Neff
Bernadette Sunderman

Mike Power
Rita Vogel

Lloyd & Lillian Prout
Lynn & Christine Prout

Marjorie Robinson
Martin & Sandra Trombley

Doris Roethlisberger
Sue Cotton

Robert Rulong
Betty J. Rulong

Winnie Sponseller
Sue Cotton

Louise Travis
Esther Bryant

Bernard-Larry Wentworth
Shirley Klein

For Active Living
Jan Hoffman
Shirley Klein

Paula Schreiber
Shirley Klein

For Food With Friends
Lonie George Grace
Sharon Horgan

For Gold Key Volunteers
The deceased of the Joe & Ida Fussman Family
Larry & Kathy Fussman

For In-Home Services
Alfred & Ruth Klumpp
Mike & Maxine Kent

Jerry Schafer
Bethel Schafer

Nelda S. Williams
Dr. & Mrs. Lawrence E. Foote

*Thank you all for
your generous
donations.*

ACTIVE LIVING DONORS

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Donna Anderson
John & Sue Bradac
Karen Clark
Thomas Delia
Jim & Barbara Draper
Art Fountain
Joan Gornicki
Sam T. Hart
Ed & Ruth Helwig
Jim & Carolyn Hill- *Happy Late Birthday Carolyn!*
Kathy Hoeksema

Kathryn Lemanek
Dave & Rita Mogg
Marlene Porter
Lynn & Christine Prout
Donna Robert
James & Linda Schriber
Dorothy A. Steele
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COA DONORS

Food With Friends Donations
Anonymous
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In-Home Services Donations
Karen Langeland-
Towards CCS in Honor of Barb Frankenfield
Earl & Violet Sawade

Utility Assist Fund Donation
Eileen Jennings- In Honor of Barb Frankenfield

COA and FOIS are Keeping Your Personal Information Safe

The Isabella County Commission on Aging (COA) and Friends of Isabella Seniors (FOIS) work diligently to protect the confidentiality of clients, donors, volunteers and readers. For the safety and security of our clients, donors, volunteers and readers, Active Living will not publish any personal information such as family nicknames, dates or other identifying family information within Donations, Memorials or general articles. We do not want anyone to fall victim to scammers targeting personal information. Thank you for your understanding in this matter.

Remembering Loved Ones

Active *LIVING* offers a way to honor those special people in your life with a Memorial or Honorarium Listing. If you would like a memorial or honorarium included in the February issue, we need to receive the information **by January 10**.

For your convenience, please use the form below:

Enclosed is my donation for \$ _____

Please make check payable to:

Friends of Isabella Seniors

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

Please designate my gift to:

- Where most needed
- Activity Center
- Food With Friends
- Foster Grandparent / Senior Companion Program
- Gold Key Volunteer Program
- In Home Services

Gift is:

- Memorial Honorarium

Name: _____

Please send acknowledgment to:

Name: _____

Address: _____

Thank You

ICTC Gold Pass Available

If you are 80 or older, you are eligible to receive an **ICTC Gold Pass**, compliments of the Isabella County Transportation System. This enables you to ride the I-Ride bus for free. This card is made at the COA Activity Center, 2200 S. Lincoln Rd. in Mt. Pleasant. You will need to show verification of your age, and be an Isabella County resident to obtain a pass.

COMMISSION ON AGING ADVISORY BOARD

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Temporarily Away

Active *LIVING* is not "forwarded." If newspapers are returned, we remove the individual from our mailing list. **To get back on the mailing list, you must contact our office with your current address.** If you are planning a vacation or will be away or are moving, call **(989) 772-0748** or use the form on the back page.

Active LIVING Deadline

Each issue of Active *LIVING* is printed and mailed to our readers before the first day of each month. In order to complete the entire process we need to receive information for submission **by the tenth day of the prior month.** Please understand all articles submitted are subject to editing for content and space restrictions.

Isabella County Commission on Aging

Jennifer A. Crawford, M.S.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
- Information and Referral
- 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.

This page is sponsored by: Stone Lodge Memory Care . . . "A meaningful difference"

JANUARY 2019
Active LIVING

**Save The Dates:
 Senior Dance**

Tuesday, January 15
 5:00 p.m. to 8:00 p.m.
 Live music by: Kick'n Kountry
 Cover charge: \$5
 50/50 Raffle
 Snacks and Refreshments available
 for purchase
 Questions: Contact Marcy Jerome at
(989) 772-0748

Ice Cream Social

Tuesday, January 15 at
 12:30 p.m.

Hot Cocoa Social

Wednesday, January 23 at
 12:30 p.m.

See Page 6 for more details.

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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

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.**