



# 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](http://isabellacounty.org/active-living-newspaper)

## Thanks for Having a Heart!



Due to the wonderful generosity of Isabella County residents, the Have a Heart program was able to assist 88 older adult residents in Isabella County with the high costs of prescription medications, warm winter clothing, and food this year. We are very grateful and

would like to extend a huge **thank you** to all those who were able to help out friends and neighbors throughout Isabella County. It is everyone's warm and caring hearts that make Isabella County such a wonderful place to live!

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**In Honor of...**  
**Her Family**  
Agnes Waggoner  
**Betty Wright, Nancy**  
**Shackelford, Alice Harris,**  
**& Karen Jackson**  
Isabella Co. Register of  
Deeds  
**In Memory of...**  
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Nancy Bauer  
**Ed Bellingar**  
Joann Bellingar  
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**Our Parents**  
Rick & Linda Schudiske  
**Thomas Shephard**  
Todd & Brandi Snyder &  
family  
**Glenn & Donna Stacy**  
Cliff & Joyce Stacy  
**Louis Thaller**  
Louanna Burch &  
Pansy Thaller  
**Terry Thaller**  
Louanna Burch &  
Pansy Thaller  
**Ann Varga**  
Anonymous  
**Hood & Jean Westbrook**  
Jack & Mary Lou  
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**Gary Whitmore**  
Joan Whitmore  
**Vincent & Carrie**  
Wieferich  
Ruth Martin

### Thank You to Valentine Card Donors:

Beal City Elementary  
CMU Gamma Iota Sigma  
Isabella County 4-H  
Mid-Michigan Industries  
Shepherd Elementary  
Victory Child Care  
White Pine Montessori

*Thank You all. May your lives be  
filled with love, joy and peace.*

## COA Executive Director's Comments



Happy Spring... it might not feel like it, but we will officially emerge into Spring on March 20th, the first day of Spring! I love the excitement of Spring – the smells and the warmer days here and there, teasing us for what is ahead. To top it off, my favorite Detroit Tigers are back to work, taking part in spring training. Sure, we will still have wintery days, but the days are getting longer and we can see that Spring is on its way.

We are so excited to report that we had yet another very successful Have-A-Heart Campaign. I would like to send out a huge thank you to all of those who so generously donated to the Have-a-Heart Fund, which is a fantastic program provided by Friends of Isabella Seniors. As a result of the wonderful donations that were received, we were able to provide assistance to 88 individuals, who were so incredibly thankful for the gifts. Thank you all again so very much for helping us to help others! (See Donors on the first page.)

Scams! According to the National Council on Aging, it is estimated that older adults lose billions of dollars each year due to scammers. We have heard from many older adults throughout Isabella County who have received these frustrating calls. If you have not yet received a scam phone call trying to persuade you to believe a fake story and give money or personal information, please be vigilant.

Here are three scams that are notably making the rounds, as reported by the National Council on Aging.

### 1. Beware of Social Security spoofing calls.

There's been a significant rise in fraudulent telephone calls from people claiming to represent the Social Security Administration (SSA). In them, unknown callers threaten victims that they face arrest or other legal action if they fail to call a provided phone number or press the number indicated in the message to address the issue. Sometimes the scammers switch tactics and say that they want to help an individual activate a suspended Social Security number. They may even "spoof" the actual Social Security hotline number to appear on the recipient's phone: **1-800-772-1213**.

**If you receive one of these calls, hang up. Know that Social Security rarely contacts persons by phone unless you have ongoing business with them and they never make threats about arrest or legal action. Report suspicious calls to the SSA Office of the Inspector General by calling 1-800-269-0271 or submitting a report on the OIG website.**

### 2. Watch for a new twist on the old grandparent scam.

The grandparent scam has been around for several years. In this approach, a person calls an older adult pretending to be a grandchild who's been involved in an accident or legal trouble and needs money immediately.

Recently, the Federal Trade Commission (FTC) found that instead of using wire transfer or gift cards, an increasing number of older adults are mailing cash to these fraudsters, with a median individual loss of \$9,000. According to reports, the scammers often ask seniors to divide the bills into envelopes and place them between the pages of a magazine, then send them using various carriers, including UPS, FedEx, and the U.S. Postal Service.

The FTC warns that if you or a loved one receives one of these calls, don't act right away. Call that grandchild back on a correct phone number and verify their whereabouts. If you've mailed cash, report it right away to the Postal Service or shipping company you used. Some people have been able to stop delivery by acting quickly and giving a tracking number. Be sure to also file a complaint to the FTC at [FTC.gov/complaint](http://FTC.gov/complaint).

### 3. Only work with reputable agencies after a natural disaster.

Wildfires, earthquakes, tornadoes, hurricanes—these unpredictable forces of nature can be devastating to those living in affected areas. Even those not directly affected may want to lend support in whatever way they can. Unfortunately, natural disasters are a golden opportunity for scammers, who target both those who have been directly affected and those who want to offer their support. Natural disaster scams typically start with unsolicited contact by telephone, social media, e-mail, or in person. Scammers may:

- Impersonate charities to get money or private information from well-meaning consumers.
- Set up fake websites with names that mimic legitimate charities to trick people into sending money.

Pretend to be from the IRS and collect personal information under the guise of helping victims file loss claims and get tax refunds.

***Please help us share this information with others to help prevent further victimization of older adults throughout our community from scammers. If you have any questions, please feel free to contact us here at the Isabella County Commission on Aging. We are here for you!***

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



There are so many ways to give back to your community. Join us at the 2nd Annual Isabella County Volunteer Expo to find the one that's right for you!

#### ALL are Welcome!

- **FREE to attend**
- **Find out about local volunteering options**
- **Chat with several local charities & community groups**

**Put your skills and hobbies to good use**

#### APPLY TO BE AN EXHIBITOR

**To apply for exhibitor space to recruit volunteers for your organization, please contact Commission on Aging at (989) 772-0748 for details.**

For more information contact: Kelly Herrmann  
@ (989) 772-0748 or [kherrmann@isabellacounty.org](mailto:kherrmann@isabellacounty.org)

#### Ask a COA Specialist

**Question:** A friend suggested that I might be eligible for free food. I struggle financially to purchase healthy food even with food stamps.

**Answer:** The **Emergency Food Assistance Program (TEFAP)** is a food program for eligible households, regardless of age.

#### TEFAP Income Guidelines:

Household Size	Monthly Income Limit
1	\$2,023
2	\$2,743

**To apply call Salvation Army (989)773-4663.**

The **Commodity Supplemental Food Program (CSFP)** is a food program for those 60 years of age and older.

#### CSFP Income Guidelines:

Household Size	Monthly Income Limit
1	\$1,316
2	\$1,784

**To apply call Eight Cap (989)773-0110.**

**Mail your questions to: Ask a COA Specialist**

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

## Mission Moments

During the past year, the In-Home Program has had the chance to say good-bye to former friends and colleagues and an opportunity to welcome new beginnings. As many of you may know, Barb Frankenfield, the In-Home Program Coordinator, said farewell during her retirement, after serving the county for over 30 years. During that time, our department has had a few changes. After serving as a case manager for the In-Home Program for over 9 years, I decided to take the position as the In-Home Program Coordinator. Soon after, we welcomed Tracey Bradley into our new case manager role. Tracey has over 17 years' experience working in the human service field and we are happy to have her as part of our team. As many may already know, Tina Campbell and Kathy Campbell remain a vital part of the In-Home Program team. Between the two of them, they have over 50 years' experience at the Commission on Aging. Their expertise regarding program details among our agency, and other organizations, remains exceptional.

Although we may have different people serving those during times of need, one thing remains the same. The Isabella County Commission on Aging is determined to provide older adults with the compassion, respect, and assistance that they need, while providing excellent care. Our team has remained diligent in identifying needs and helping to coordinate a comprehensive care plan in order to meet those needs.

Our team is here to assist with a variety of services, including but not limited to; homemaking, personal care, respite care, unmet needs, application assistance, as well as, Insurance assistance, including Medicare/Medicaid.

During the previous year, the In-Home program has helped to screen low income adults for assistance programs to help put money back into their Social Security Checks. This includes helping clients to pay for their Medicare Premiums, lowering their drug cost by applying for Low Income Subsidies, and assisting with Medigap subsidies.

Another program that helped seniors save money for the upcoming year was the Medicare D appointments, which ran from October 15 through December 7. This program helped to bring in approximately 508 people. The In-Home workers, along with 11 volunteers, helped to save Isabella County residents approximately \$314,479.42.

Looking back at the people that were served and the volunteers who continue to dedicate their time each year to assist, I know that we have a wonderful team to lead this year going forward. Our department continues to develop their skills to assure that those with whom they work, receive the best assistance available, with the most current knowledge in agency resources, and we look forward to serving you in the future.

*Jennifer Martin, In Home Services Program Coordinator*

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

## Events and Classes at COA



### “Secluded Beach” Wednesday, March 6

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

\$25 per person due by Monday, March 4. (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. Next class Wednesday, April 3.

### What We Can Do about the Changing Climate?

Thursday, March 7, from 11:15 a.m. to Noon, at COA in Room C

Marie Koper, group leader of the Mt. Pleasant chapter of Citizens’ Climate Lobby/Education, will present information on the changes in extreme weather we’ve been seeing and hearing about and what we can do about them. The multimedia presentation will include time for questions and answers. The public is invited.

### Physical Therapy – Health and Wellness Speaker Series

Monday, March 11 at 11:00a.m. at COA in Room C

Our speakers are Jenna Hopkins, PTA and Lori Groeneveld, MA from NovaCare Rehabilitation. They will discuss Physical Therapy and Insurance and will answer any questions you may have. To register, please call Marcy Jerome at (989) 772-0748.

### iPad and iPhone Class at COA

The class will meet on **Tuesday, March 19 at 2:00 p.m. in Room B**. It 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*

### FREE Movie & Popcorn

The movie, *Christopher Robin*, will be shown on **Tuesday, March 26 at 12:45 p.m. in COA Room B**. The movie and popcorn are **FREE** but donations are always welcome. A working-class family man, Christopher Robin, encounters his childhood friend Winnie-the-Pooh, who helps him rediscover the joys of life. (Rated PG, hour 44 minutes) **Call Katie 989-772-0748 24 HOURS IN ADVANCE to register for the movie.**

### Mushrooms, More Than Morels #1 - The First of Four Classes

Come with Sister Marie and learn more about morels and many more kinds of fungi/mushrooms of Isabella County. We will concentrate on identifying popular mushrooms and their “look-alikes.” **Class #1 is on Friday, March 29, COA Room B, 3:00 p.m. to 4:30 p.m.**, please bring your iPhones. Focus will be on cold weather and very early spring mushrooms and include an overview of “edibility.” Please bring specimens, fresh/dried. You will receive a handout and dates of follow-up Educational Forays in our area. To make a reservation please call 989-772-0748. Donations are appreciated.

### 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  
Instructor: Judy Swartz

### Water Aerobics

\*SAC Pool CLOSED March 4-8

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: Kerr Trust & Estate, Elder Law Firm, PLLC*

## 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 March 4-8  
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

2<sup>nd</sup> & 4<sup>th</sup> 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)  
Tuesdays & Thursdays 10:00-11:00 a.m.  
March 5 & 7; 12 & 14; 19 & 21; 26, 28.  
No experience necessary

**Intermediate Tai Chi**  
(Yang 24)

Tuesdays & Wednesdays  
March 5 & 6; 12 & 13; 19 & 20; 26, 27  
3:00 p.m. - 4:00 p.m.

**Advanced Tai Chi (Sun 73)**  
Tuesdays & Thursdays  
March 5 & 7; 12 & 14; 19 & 21;  
26 & 28.  
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

*This page is sponsored by: Margaret's Meadows*

## COA Travel and Events

# Turkeyville

**Tuesday, March 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.

# Jackson State Prison Tour

**Wednesday, April 17**

Cost \$95 per person includes Motorcoach transportation, snack, two prison tours, and lunch. Lunch menu: Minestrone soup, dinner roll, Chicken Marsala, Cannoli, and soft drink. Motorcoach will depart the COA at 8:15 a.m. First prison tour will be 10:00 a.m., lunch will be served around noon, finally, we will tour Cell Block 7 around 1:30 p.m. We should arrive back to COA around 4:45p.m. Money and reservation due by March 15.

# Holland Tulip Festival

Please join us Friday, May 10 for a trip to Holland to experience the beauty of the Tulip Time Festival! We will visit Windmill Island Gardens, Dutch Marktplaats, Downtown Holland, and Veldheer's Tulip Farm! Reservations and Payments due by March 26. Cost \$65 per person and includes motor coach transportation, snack and tickets to festival venues. Lunch will be on your own at the Dutch Marktplaats or downtown Holland.

### Tentative Itinerary:

**7:00 a.m. - Depart COA**

**9:00 a.m. - 11:00 a.m. - Windmill Island Gardens**

**11:30a.m. - 2:00 p.m. - Civic Center for Dutch  
Marktplaats or you can visit downtown Holland for  
lunch, browsing, shopping, etc.)**

**2:30 p.m. - 4:30 p.m. to visit Veldheer's Tulip Farm  
6:30 p.m. - Estimated arrival back to COA**

### Detroit Tigers VS Texas Rangers

**Thursday, June 27**

**Cost: 85.00 per person  
Game starts at 1:10 p.m.**



We'll be seated in Section 143, under the overhang. Price includes ticket, bus fare, a breakfast snack for the bus ride and hot dog & soda! We will make a quick dinner stop on the way home - dinner is on your own. To register call (989) 772-0748, ask for Marcy Jerome. Money and Reservation due by Friday, May 17. Motorcoach will depart the COA at 8:30 a.m.

# Senior Dance



**Tuesday, March 19  
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: Contact Marcy Jerome at  
989-772-0748**

### RESERVATIONS & PAYMENTS

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

*This page is sponsored by: Pat & Marty Siuda family in support of Isabella County Seniors*

## March Events

### **MARDI GRAS PARTY**

**Tuesday, March 5 - 11:00 a.m. thru Lunch  
in Room C**

**The Music Makers will perform at 11:00 a.m.  
Lunch then Social at 12:45 p.m.**



### **ST PATRICK'S DAY SOCIAL**

**Tuesday, March 19 at 12:45 p.m. in Room C**

### **HOT COCOA SOCIAL**

**Wednesday, March 27 at 12:45 p.m. in Room C**

### **TIGERS HOME OPENING DAY AT COA**

**Thursday, April 4 - Game time at 1:10 p.m. in Room C**

**Wear your Tigers gear to watch the game on the big screen!**

**Serving hotdogs for lunch at 12:00 p.m. just like at Comerica Park!**

***If you plan to join us for lunch please make your reservations at least 24 hours in advance! Call Katie at 989-772-0748.***

## Gold Key Volunteer Opportunities

**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.

**We are currently seeking volunteers and substitutes for all routes throughout Isabella County.**

### **Medical & Shopping Transportation Drivers**

Volunteer drivers provide non-emergency transportation for pre-scheduled medical appointments and/or grocery shopping for Isabella County residents, age 60 or over, who no longer drive or are not comfortable driving themselves. Drivers can choose from in-county, out-county or both transportation options. Drivers use their own personal vehicle to transport. Time commitment varies depending on the location and time of the scheduled appointment.

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

## Free Tax Preparation Available

The Isabella County Commission on Aging is working again with the AARP Foundation 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 thru April 4 9:30 a.m. to 3:00 p.m.**

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

#### **Blanchard Library/Rolland Township Hall**

**Tuesday March 19 10:45 a.m. to 12:45 p.m.**

#### **Weidman Food with Friends Site/Weidman Library**

**Tuesday March 12 10:30 a.m. to 1:30 p.m.**

#### **Coe Township Library, Shepherd**

**Tuesday, 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.**

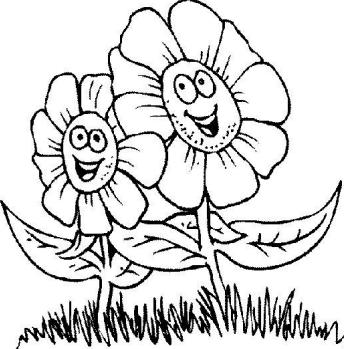
*This page is sponsored by: Clark family Funeral Chapel and Cremation Service*

Monday	Tuesday	Wednesday									
<p><b>Food with Friends Lunch</b> Served Monday thru Friday at 12:00 p.m. in <b>Activity Room C</b>. See our Menu on pg. 12</p> <p><b>Calendar Key:</b> ♦ = Reservation Required \$ = Fee for Activity</p>	<p><b>COA Room Guide</b> <i>The room or location for each activity is listed on the calendar for reference.</i> <i>Codes for rooms and locations are as follows:</i></p> <table> <tr> <td><b>A</b> - Activity Room A</td> <td><b>Craft</b> - Arts &amp; Crafts Room</td> <td><b>CF</b> - Conference Room</td> </tr> <tr> <td><b>B</b> - Activity Room B</td> <td><b>F</b> - Fitness Room</td> <td><b>BR1</b> - Board Room</td> </tr> <tr> <td><b>C</b> - Activity Room C</td> <td><b>Lab</b> - Computer Lab</td> <td><b>Library</b> - Library</td> </tr> </table>		<b>A</b> - Activity Room A	<b>Craft</b> - Arts & Crafts Room	<b>CF</b> - Conference Room	<b>B</b> - Activity Room B	<b>F</b> - Fitness Room	<b>BR1</b> - Board Room	<b>C</b> - Activity Room C	<b>Lab</b> - Computer Lab	<b>Library</b> - Library
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<b>C</b> - Activity Room C	<b>Lab</b> - Computer Lab	<b>Library</b> - Library									
<p>8:15 AARP Smart Driver Course (B) 10:00 Dulcimers (Craft) 10:15 Peer Led Low-Impact Exercise (F) 12:00 Community Service Council (A) 1:00 Dominos &amp; Pinochle (C)</p> <p><b>International Pancake Day - enjoy some!</b></p>	<p>4</p> <p>10:00 Beginner Tai Chi \$♦(F) 11:00 Mardi Gras Party (C) 11:00 The Music Makers (C) 11:30 Advanced Tai Chi \$♦(F) 12:45 Mardi Gras Treats (C) 1:30 Yoga \$ (F) 3:00 Intermediate Tai Chi \$♦(F) 5:30 Isabella County Farm Bureau (A/B) 7:00 Evening Bloomers Garden Club (C)</p>	<p>5</p> <p>8:00 Tax Preparation (A/B) 9:00 Beginner Line Dancing (C) 9:00 Silver Sneakers Yoga Stretch (F) 10:15 Peer Led Low-Impact Exercise (F) 11:00 Riddles (C) 12:00 COA Advisory Board Meeting (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>6</p>								
<p>10:00 Dulcimers (C) 10:15 Peer Led Low-Impact Exercise (F) 11:00 Health &amp; Wellness Speaker Series:     NovaCare (C) 1:00 Dominos &amp; Pinochle (C) 1:00 Dan Kirchner Guitarist (C) 7:00 Friends of the Dog Park (Craft)</p>	<p>11</p> <p>8:00 Legal Aid (Conf Rm) 10:00 Beginner Tai Chi \$♦(F) 10:00 Needle Crafters (Craft) 11:00 Flower Planting (C) 11:30 Advanced Tai Chi \$♦(F) 1:30 Yoga \$ (F) 2:00 Intermediate Line Dancing (C) 3:00 Intermediate Tai Chi \$♦(F) 3:30 FGP/SCP Advisory Board (Craft) 7:00 Mid Michigan Wood Crafters (Craft)</p>	<p>12</p> <p>9:00 Beginner Line Dancing (C) 9:00 Second Sight Artists (Craft) 9:00 Silver Sneakers Yoga Stretch (A) 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) 3:00 Intermediate Tai Chi \$♦(F)</p>	<p>13</p>								
<p>10:00 Dulcimers (Craft) 10:15 Peer Led Low-Impact Exercise (F) 1:00 Mt Pleasant Garden Club (A) 1:00 Dominos &amp; Pinochle (C)</p>	<p>18</p> <p>8:30 Friends of Isabella Seniors (Craft) 10:00 Beginner Tai Chi \$♦(F) 11:30 Advanced Tai Chi \$♦(F) 12:45 St. Patrick's Day Treat (C) 1:00 State Retirees Meeting (A) 1:30 Yoga \$ (F) 2:00 iPad / iPhone Class (B) 3:00 Intermediate Tai Chi \$♦(F) 5:00 Senior Dance (C)</p>	<p>19</p> <p>9:00 Beginner Line Dancing (C) 9:00 Silver Sneakers 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) 4:00 Mt. Pleasant Comm. Foundation (A/B)</p>	<p>20</p>								
<p>10:00 Dulcimers (Craft) 10:15 Peer Led Low-Impact Exercise (F) 12:00 FGP/SCP Orientation (A) 1:00 Dominos &amp; Pinochle (C)</p>	<p>25</p> <p>8:00 State of Michigan (B) 10:00 Beginner Tai Chi \$♦(F) 11:30 Advanced Tai Chi \$♦(F) 12:00 FGP/SCP Orientation (Craft) 12:45 Movie: <i>Christopher Robin</i> (A&amp;B) 2:00 Intermediate Line Dancing (C) 1:30 Yoga \$ (F) 3:00 Intermediate Tai Chi \$♦(F) 5:30 Mid Michigan Quilt Guild (A / B / C)</p>	<p>26</p> <p>8:00 Tax Preparation (A/B) 9:00 Beginner Line Dancing (C) 9:00 Silver Sneakers Yoga Stretch 9:00 Second Sight Artists (Craft) 10:15 Peer Led Low-Impact Exercise (F) 11:00 Riddles (C) 1:00 Pepper (C) 1:00 Happy Ripper Quilters (Craft) 3:00 Intermediate Tai Chi \$♦(F)</p>	<p>27</p>								

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

## Activity Center - March Activities

Active LIVING Page 9

Thursday	Friday	Saturday
	<p>1</p> <p>9:00 Isabella County Collaborative (B)      10:00 Jam Session (Craft)      10:15 Peer Led Low-Impact Exercise (F)      12:30 Ukulele (Craft)      1:00 Bingo (with The Laurels) (C)      2:30 Pepper (C)      3:00 League of Women Voters Board of Directors (Craft)</p>	<p>2</p> <p><i>Birthday of:      Theodor "Dr Seuss" Geisel</i></p> <p><b>"Don't cry because it's over,      Smile because it happened."</b></p> <p><i>Dr. Seuss</i></p>
<p>8:00 Tax Preparation (A/B)      10:00 Beginner Tai Chi \$♦(F)      10:00 Learn to Knit (Craft)      11:15 Climate Change Presentation (C)      11:30 Advanced Tai Chi \$♦(F)      1:00 Euchre (C)      4:00 Zumba Gold \$ (F)      5:30 Hula Class (F)</p>	<p>7</p> <p>10:00 Jam Session (Craft)      10:00 McLaren Hip &amp; Knee Arthritis (B)      10:15 Peer Led Low-Impact Exercise (F)      12:30 Ukulele (Craft)      12:45 Bingo (COA) (C)      2:30 Pepper (C)</p>	<p>8</p> <p>9</p> <p><b>Reminder:</b>  <b>Daylight Savings Time Begins on Sunday, March 10.</b>  <b>Remember to set your clocks ahead one hour tonight.</b>  <b>SPRING AHEAD!</b></p>
<p>8:00 Tax Preparation (A/B)      10:00 Learn to Knit (Craft)      10:00 Beginner Tai Chi \$♦(F)      11:00 Word Games (C)      11:30 Advanced Tai Chi \$♦(F)      1:00 Euchre (C)      4:00 Zumba Gold \$ (F) 5:00 ICRH (B)      5:30 Hula (F)      7:00 Mt. Pleasant Climate Lobby (Craft)      7:00 Genealogical Society Meeting (A)</p>	<p>14</p> <p>10:00 Jam Session (Craft)      10:15 Peer Led Low-Impact Exercise (F)      12:30 Ukulele (Craft)      12:45 Bingo (with A&amp;D Healthcare) (C)      2:30 Pepper (C)</p> <p><b>The Ides of March</b></p>	<p>15</p> <p>16</p> <p>9:00 Central MI Daylily Society (A)      9:00 Charlene's Quilt Group (Craft)</p>
<p>8:00 Tax Preparation (A/B)      10:00 Beginner Tai Chi \$♦(F)      10:00 Learn to Knit (Craft)      11:30 Advanced Tai Chi \$♦(F)      1:00 Euchre (C)      4:00 Zumba Gold \$ (F)      5:30 Hula Class (F)</p>	<p>21</p> <p>8:00 FGP/SCP In-Service (A / B)      10:00 Jam Session (A)      10:15 Peer Led Low-Impact Exercise (F)      12:30 Ukulele (Craft)      12:30 State Rep Roger Hauck Monthly Mtg (Library)      12:45 Bingo (with Woodland Hospice) (C)      1:00 Are You New to Medicare? (Craft)      2:30 Pepper (C)</p>	<p>22</p> <p>23</p> <p>8:30 Mid Michigan Quilt Guild (A/B)</p> <p><b>hello spring!</b></p>
<p>8:00 Tax Preparation (A/B)      10:00 Beginner Tai Chi \$♦(F)      10:00 Learn to Knit (Craft)      11:30 Advanced Tai Chi \$♦(F)      12:00 FGP/SCP Orientation (Craft)      1:00 Euchre (C)      4:00 Zumba Gold \$ (F)      5:30 Hula Class (F)</p>	<p>28</p> <p>8:00 FGP/SCP Orientation (A)      10:00 Jam Session (Craft)      10:15 Peer Led Low-Impact Exercise (F)      11:00 Jeopardy (C)      12:30 Ukulele (Craft)      12:45 Bingo (C)      2:30 Pepper (C)      3:00 Mushroom Class (B)</p>	<p>29</p> <p>30</p> <p>8:00 Master Gardener Association Conference (A/B/C)</p> <p><b>Earth Hour Day 2019</b>      A huge amount of energy will be saved in just one hour around the world if you turn off non-essential lights for one hour from 8:30 p.m. to 9:30 p.m. local time.</p>

*This page is sponsored by: You, Your Family or Organization / Business Call COA*

## 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 2<sup>nd</sup> 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, March 20, 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.**

## Joint Replacement: *The next step.*

McLaren Central Michigan offers an all-inclusive joint replacement program for individuals planning or considering a total joint replacement. If you would like to learn more about the joint replacement process, join us at our educational seminar on **Thursdays March 14 and 28 from 1:30 – 4:30 pm.** At **McLaren Wellness Central, 2600 Three Leaves Drive, Mt. Pleasant.** Call our Joint Replacement Coordinator at (989) 779-5651 to register.

**Sign-up Today for Home Health Visits**  
**Contact the Healthy Aging**  
**Initiative to sign-up at**

## 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**



## Explore Treatment Options for Hip & Knee Arthritis

Arthritis or simply years of use may damage joints, causing symptoms of pain. If you are experiencing joint pain, stiffness or swelling that makes it difficult to walk, climb stairs or limits everyday activity, join Orthopedic Surgeon Charles Lilly, MD to learn about options for relief. Learning about treatment options can ease anxiety and provide the knowledge necessary to help you make the best decision possible to improve or maintain your quality of life. Non-operative management as well as knee and hip replacement surgery will be discussed.

**Friday, March 8 from 10:00 a.m. – 11:00 a.m. In Room B**  
**Isabella County Commission on Aging**  
**2200 S. Lincoln Rd., Mt. Pleasant**

## New Tomorrows

You are not alone in grief! McLaren Hospice offers a free educational support program for any person who is coping with the death of a loved one. In an emotionally supportive peer group setting, participants are offered opportunities to share and heal with tools designed to assist them in navigating through the experiences of grief. For eight weeks, **every Wednesday, March 6 through April 24 from 9:30 a.m. – 11:30 a.m.** at **McLaren Central Michigan: 1221 South Dr. Mt Pleasant, MI 48858.** Call Amy, McLaren's Bereavement Coordinator and New Tomorrows facilitator, at (989) 233-4613 to register at any time during the series or with questions.

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

## Emergency Utility Assistance

EightCAP, Inc. wants to partner with you to address your emergency need and if interested, provide case management services promoting self-sufficiency for eligible households. If you are in past due status with a utility bill; or if you use propane, fuel oil, wood, corn, or pellets to heat your home and your tank or supply is currently 25% or below, your household may be eligible for emergency assistance. If eligible, we could possibly assist you in paying a back balance for your heating source. The following chart will help you determine eligibility for assistance:

Family Size	*Adjusted Gross Monthly Income Cannot Exceed:	Family Size	*Adjusted Gross Monthly Income Cannot Exceed:
1	\$1,518	5	\$3,678
2	\$2,058	6	\$4,218
3	\$2,598	7	\$4,758
4	\$3,138	8	\$5,298
<b>Each additional member Add \$540</b>			

\*Adjusted Gross Monthly Income is calculated after payroll taxes, child support payments, child care expenses, and health insurance premiums are deducted from your gross pay. In order to deduct these items, the deductions must be documented on your pay stubs.

If you are interested in seeking assistance for your emergency need and reside in Isabella County, visit EightCAP's website at [www.eightcap.org](http://www.eightcap.org) for an Emergency Assistance Application, or you may pick one up at the local EightCAP Office, located at 310 W. Michigan St., Mt. Pleasant. Completion of this application is required for all emergency assistance provided. If you have any questions, or need assistance filling out the application, feel free to call **1-989-772-0110, ext. 1101**.

## Are You New To Medicare ?

The Commission on Aging offers a **FREE** seminar covering the basics of Medicare. The seminars are offered **monthly 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. This month's seminar will be on **Friday, March 22 in the Craft Room**. If you plan to attend, please call the Commission on Aging at **(989) 772-0748** to register for the seminar. There is no cost for the seminar.

## State Employee Retiree Association (SERA)

On **Tuesday, March 19 at 1:00 p.m.** our program is presented by Peggy Burke chairman of the CNN Board. She will give us background on the food pantry, schedule times of services and tell us how we can assist this supplemental food program. The pantry distributed over 325,000 pounds of food in 2018 to over 6000 households. They greatly appreciated our donations. She will update us on the purchase of the Strickler Center. Following the presentation, is our business meeting. We will bring up several key issues regarding our chapter. We will also have a 50/50 drawing and door prize. If there are any questions, please feel free to contact Jackie Curtis **989-772-0597** or [jacurtis13irish@yahoo.com](mailto:jacurtis13irish@yahoo.com). Thank you.

## AARP Smart Driver Course

**Monday, March 4 8:15 a.m. – 4:30 p.m.**

### In 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**.

## Genealogical Society of Isabella County

The Genealogical Society **meets the second Thursday of each month at the Commission on Aging Activity Center, 2200 S. Lincoln Rd. in Mt. Pleasant. Meetings start at 7:00 p.m. in Room A.** Visitors are welcome!

On March 14, Lieutenant Colonel, LTC Donald Pratt, a Professor of Military Science at Central Michigan University Army ROTC will speak at the meeting. He will present a Military Structure Explanation Program by way of call in with questions and answers. He will also share handouts (from Larry Noyes) for members explaining military ranks and structure terminology. He will be assisted by former Marine, Larry Noyes in his presentation.

Each month an informal gathering of individuals interested in genealogy meet for lunch at the Veterans Memorial Library Annex room in Mt Pleasant on the third Tuesday of the month at 11:30a.m. Bring your own lunch. Plan to dine & discuss family history or get help with any brick walls. Visitors are welcome! Open to the public. Hope you can join us. More

**FWF Eat Smart Menu****March 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
				1 PULLED PORK HAMBURGER BUN COLE SLAW CARROTS PEACHES & PEARS SKIM MILK
BAKED CHICKEN BREAD AUGRATIN POTATOES SPINACH MIXED FRUIT CUP SKIM MILK	4 CHOP SUEY BREAD BROWN RICE PEAS & CARROTS PEACHES SKIM MILK	5 MACARONI & CHEESE BREAD TOSSSED SALAD KYOTO VEGETABLE BAKED APPLES SKIM MILK	6 TACO SALAD BREAD GREEN BEANS MANDARIN ORANGES SKIM MILK	7 8 TUNA SALAD CROISSANT FRUITED COLE SLAW APPLE SLICES SKIM MILK
CHILI CORN BREAD BAKED POTATO PINEAPPLE TIDBITS SKIM MILK	11 CHICKEN ENCHILADA CASS BREAD MEATLESS SPANISH RICE GREEN BEANS PEACHES SKIM MILK	12 TURKEY LOAF BREAD COMPANY POTATOES PEAS APPLESAUCE SKIM MILK	13 MINI CORN DOGS BREAD POTATO WEDGES CARROTS FRUIT COCKTAIL SKIM MILK	14 15 VEGETABLE LASAGNA GARLIC TOAST CORN BUTTERSCOTCH PUDDING SKIM MILK
GOULASH GARLIC TOAST MIXED VEGETABLES LEPRECHAUN FLUFF SKIM MILK	18 CHICKEN STEW BISCUIT CAPRI VEGETABLE BLEND PEARS SKIM MILK	19 MEAT LOAF BREAD WHIPPED SWEET POTATOES BROC/CAUL SALAD MICHIGAN FRUIT CUP SKIM MILK	20 SWEDISH MEATBALLS BREAD COMPANY POTATOES PEAS APRICOTS SKIM MILK	21 22 FRENCH TOAST STICKS HARD COOKED EGG REDSKIN POTATOES AMBROSIA FRUIT CUP SKIM MILK
25 BEEF AND NOODLES DINNER ROLL CALIFORNIA BLEND FRUIT COCKTAIL GELATIN SKIM MILK	ROAST PORK BREAD WHIPPED POTATOES STEWED TOMATOES CITRUS FRUIT CUP SKIM MILK	26 CHICKEN PATTIE HAMBURGER BUN REDSKIN POTATOES WINTER BLEND FRESH ORANGE SKIM MILK	27 28 SPANISH RICE BREAD CORN/BEAN FIESTA BLEND BERRY FRUIT CUP SKIM MILK	29 FISH SANDWICH HAMBURGER BUN SWEET POTATO FRIES GREEN BEANS STRAWBERRIES 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

Spring has arrived! We can shake off those winter blues and have some fun! Stop into the Rosebush Food with Friends site for a delicious meal and great company. After lunch, stay and enjoy some fabulous music, a couple games of Bingo, or even a craft. We have Sit & Get Fit every Monday, Wednesday, and Friday at 11:15, and lunch is served at noon. All of our activities begin at 1:00. We hope to see you soon!!

All activities are provided in conjunction with Rosebush Manor \*

**Rosebush MARCH Calendar**

- 1 Manicures
- 4 Bingo w/prizes
- 6 Penny Bingo
- 8 Music TBA
- 11 Penny Bingo
- 13 A Wee Bit of Ireland (Program/music)
- 15 Country Classics by Dale Hafer
- 18 Music by Just the 2 of Us
- 20 Penny Bingo
- 22 Music TBA
- 25 Spring craft
- 27 Penny Bingo
- 29 CMU student volunteer talent show (@ 2:00)

This page is sponsored by: **Pasquali Law Offices, PLLC, Elder Law, Trust & Estate Services**

## 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

Think spring...be positive...spring begins this month!!! Well...let's hope so. It has been a long, cold winter. Don't let the weather keep you away. Come join the gang in Shepherd. We have a great time drinking coffee or tea and playing games. Join us for a game of bingo with great prizes or come enjoy some music. Like plaid? Join us for Mad about Plaid day. Wear the most plaid and win a prize! Come celebrate St. Pattie's day with us. Wear lots of green and be Irish for a day!

### Shepherd MARCH Calendar

1	Bingo with Prizes @ 12:30
4	Music with Greg Merwin @ 11:00
6	Celebrate your name day
8	Triominos
11	Mad about Plaid Day
13	Triominos
15	Music with Dan Kirchner @ 11:00
18	St. Pattie's celebration
20	Spring begins
22	Bingo with Prizes @ 12:30
25	National Chocolate - Covered Raisins Day
27	Triominos
29	National Vietnam War Veterans Day

## 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

Until spring, let's keep meeting when we can, to share warmth, food, and friendship. Join us for some activities! The first Monday of the month is "Write Your Story." You'll get a journal, a writing prompt, and retro snacks. Let's find new music to listen to while we do this; suggestions are appreciated. On Board Game day, several board games are available, and I will offer to beat you at Scrabble! For Cards and CDs day, you can pick a game; I have regular cards and Uno. And, of course, the last Monday of the month is Euchre, with prizes. Every Friday is Sit and Get Fit;  $\frac{1}{2}$  hour of low-impact exercises. Come at 10 for coffee; activities start at 11. Hope to see old and new friends this month!

### Winn MARCH Calendar

1	Sit and Get Fit
4	Write Your Story (snacks)
6	Music by Midnight Express / Nutrition Ed.
8	Sit and Get Fit
11	Cards and CDs
13	Music by Strictly Country/Birthdays
15	Sit and Get Fit
18	Board Games
20	Music by Greg Merwin / First day of Spring!
22	Sit and Get Fit
25	Euchre
27	Music by Country Kin

## COA ACTIVITY CENTER

2200 S. Lincoln Rd, Mt. Pleasant, in Room C

**Meals: M - F, 8:00 a.m. - 4:30 p.m.**

Katie Showers, Site Mgr., (989) 772-0748

### Activity Center MARCH Calendar

1	12:45 Bingo (The Laurels)
4	1:00 Dominoes & Pinochle
5	11:00 The Music Makers
	11:00 Mardi Gras Party
	12:45 Marci Gras Treats
6	11:00 Riddles
	1:00 Pepper
7	11:15 Climate Change Presentation
8	12:45 Bingo (COA)
11	11:00 Health & Wellness Speakers
	1:00 Dan Kirchner Guitarist
	1:00 Dominoes & Pinochle
12	11:00 Flower Planting
13	11:00 Riddles
	1:00 Pepper
14	11:00 Word games
15	12:45 Bingo (A&D Healthcare)
	1:00 Dominoes & Pinochle
18	12:45 St. Patrick's Day Social
19	11:00 Riddles
	1:00 Pepper
21	TBA
22	12:45 Bingo (Woodland Hospice)
25	1:00 Dominoes & Pinochle
26	12:45 Movie Day <i>Christopher Robin</i>
27	11:00 Riddles
	1:00 Pepper
28	TBA
29	11:00 Jeopardy
	12:45 Bingo (COA)

## 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

Snow and Ice, go away! Warm, sunny days come here to stay! This month we welcome in the first day of spring...woohoo! This is the perfect time to shake off the winter blues and come to the Weidman site and enjoy some great company and delicious food. We look forward to seeing you!

### Weidman MARCH Calendar

1	Music by Greg Merwin / cards / Sit & Get fit
4	Sit & Get Fit from 10:30-11:30 / cards
6	The Music Makers / Sit & Get Fit 1:00-2:00 / Nutrition Ed
8	Sit & Get Fit from 10:30-11:30 / cards
11	Sit & Get Fit from 10:30-11:30 / cards
13	The Music Makers / Sit & Get Fit 1:00-2:00 / Birthdays
15	Sit & Get Fit from 10:30-11:30 / cards
18	Sit & Get Fit from 10:30-11:30 / cards
20	The Music Makers / Sit & Get Fit 1:00-2:00 / St. Patty's party
22	Sit & Get Fit from 10:30-11:30 / cards
25	Sit & Get Fit from 10:30-11:30 / cards
27	The Music Makers / Sit & Get Fit 1:00-2:00
29	Sit & Get Fit from 10:30-11:30 / cards

*This page is sponsored by: You, Your Family or Organization / Business Call COA*

## IN MEMORY OF

**Don & Ethel Barrett**  
Don & Margaret Kistler

**Preston & Lorraine Barrett**  
Don & Margaret Kistler

**Marjorie Crean**  
Denny & Terree Kuiper  
Bob Lawrence  
Harry & Marlene Smith

**Jack "John" Harkins**  
Mrs. Donald Hauck

**Anita Mae Langlois**  
Judy Swartz

**Dawn McKnight**  
Bernadette Bland

**Elmer McNeal**  
Larry Tompkins

**Charles Peterson**  
Ben & Jerry Baumann  
Shirley French  
George & Sherry  
Sponseller  
Shirley Stambaugh

**Joanne Smith**  
Anonymous  
Sharon Bolton  
Dave & Lisa Clark  
Jim & Sandy Pulaski

**For Food With Friends**  
**Marjorie Crean**  
Dolores J. Lawrence

**For Foster  
Grandparents**  
**Cassie Newton**  
Joan Woods

**For Gold Key  
Volunteers**  
**Joanne Smith**  
M/M WL Ballauer

**For Gold Key Home Delivered**  
**Meals Drivers**

**Sally Rau**  
Basil & Theresa Zimmer

**For In-Home Services**

**Bonnie Love**  
Richard & Marcy Kenny

**Charles Peterson**

Dr. & Mrs. Lawrence E. Foote

### 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 April issue, we need to receive the information **by March 10**.

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: \_\_\_\_\_

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*Thank you very much for your  
generous donations.*

*This page is sponsored by: Green Acres Assisted Living, "It's the Place to Be..."*



## SUMMER JOBS!

Isabella County Parks and Recreation is now accepting applications for **seasonal employment** for these positions: **Park Ranger, Night Ranger, Gate Attendant, Park Manager and Mowing Crew.** Seasonal employment begins in early May and continues through Labor Day. Position Descriptions and Applications are available at [www.isabellacounty.org](http://www.isabellacounty.org) - Employment Opportunities (989) 317-4083 or by email at [parks@isabellacounty.org](mailto:parks@isabellacounty.org).

200 N. Main St., Mt. Pleasant

### 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**

## 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"*

## MARCH 2019



### Save The Dates:

Mark Your Calendars for

**Monday, April 8  
World Health Day 2019**

Observe it with us at the COA with free fitness classes, healthy snack demonstrations from MSU Extension, and free health screenings throughout the day!



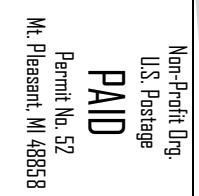
**Monday, April 22  
a Basket o' Fun**

Easter lunch event here at the COA! Crafts, games, and Spring sunshine will keep the Easter celebrations going throughout lunch!

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



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.

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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*