

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/activeliving-newspaper



ISABELLA COUNTY
COMMISSION ON AGING

CRAFT Show

SATURDAY, NOVEMBER 8TH
9:00AM-3:00PM

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

Also featuring
Quilt Raffle

Food items available for purchase from
11 am - 1 pm

2200 S. LINCOLN RD.
MT. PLEASANT



QUILT RAFFLE!

DRAWING NOVEMBER 8
AT THE COA CRAFT SHOW

79"x76" 72"x64" 70"x70"

TICKETS
\$1 OR 6-\$5

3 WINNERS
QUILTS CHOSEN IN
ORDER OF DRAWING

Pre-purchase tickets at COA
or purchase at the Craft Show!
Saturday, November 8 9am - 2pm
Winners drawn at 2

PROCEEDS BENEFIT:

 **FRIENDS OF
ISABELLA SENIORS**

 Gold
Key
Volunteer Program

Reg. #: X14207

COA Director's Comments

Living with a grateful heart is something that I have intentionally been focusing on for quite some time, and I thought what better time to talk about it than the month of November where we have two holidays that embody thankfulness, appreciation, and gratitude: Veterans Day and Thanksgiving. What does living with a grateful heart mean? It means consistently appreciating the good in your life, big and small, and maintaining a positive outlook even during challenging times. Living with a grateful heart involves shifting your focus from what you lack to what you have, finding contentment in the present moment, and practicing thankfulness for both simple pleasures and significant gifts.

In September, our oldest son was married, and it was the most amazing day in every way. My heart could not have been more grateful or full. That day I really focused on appreciating every little thing, taking it all in - sitting with my husband watching our son marry his person while being surrounded by so much love, watching our youngest son deliver the best man speech in front of everyone, and seeing everyone enjoying themselves so much whether on the dance floor or just visiting with others. I tried my best to see it all and appreciate it all, and I am pretty confident that I did. This mama's heart will be so grateful for a long time to come.

I would like to say a very special thank you to all of our wonderful Veterans, past and present, for sacrificing more than can be expected of anyone so that we can enjoy the freedoms we, as a nation, are so fortunate to have. I hope that you feel the love and gratitude from all of us this Veterans Day and every day!

Sometimes it can be easy to find ourselves in a place where we are not able to see what we are thankful for. Maybe our health isn't where we would like it to be, we are missing loved ones, or we are just not able to do the things that we used to do. I hope that if you find yourself experiencing one or all of the situations that I mentioned above that you can still recognize and feel gratitude for the positives in your life. I also hope that you reach out to us and engage in our programs and services if you have not done so already. As we enter this month of Thanksgiving, I challenge you to find one thing each day that you are thankful for. It is our goal that the Isabella County Commission on Aging makes your list.


On behalf of our COA Family, we wish you a wonderful Thanksgiving. Please know that we are truly grateful for all of you, and it is our great honor to be of service to you.

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

Mission Moments

Happy Fall! 2025 has been a rollercoaster of a year for the AmeriCorps Seniors Foster Grandparent and Senior Companion programs. Both Federal and State funding have been at risk, but our resilient volunteers persevered and ended the year strong! We had 31 total Foster Grandparent volunteers, and they served over 27,000 hours. Foster Grandparent volunteers mentored students in reading, writing, math, in a one on one or in small groups setting. There were 19 Senior Companion volunteers who served over 13,000 hours. Senior Companions provided socialization, transportation and companionship to clients who were lonely and isolated. We couldn't be prouder of our Foster Grandparent and Senior Companion volunteers!!

Brandi Burns, Foster Grandparent/Senior Companion Programs Manager







Senior Companion Program


Fun Facts:

- 60% SC's report improved physical health due to volunteering
- 73% SC's take clients shopping
- 93% SC's say volunteering gives them purpose
- 80% SC's take clients to medical appointments

GRATEFUL FOR YOU

highlights FY25






Foster Grandparent Program

Fun Facts:

- 96% FG volunteers feel useful and valuable while volunteering
- 71% FG's desire to give back to their community
- 96% FG's read to/with students
- 83% FG's help student's catch up on homework.

BEYOND GRATEFUL

highlights FY25

COA Caregiver Support Corner

By *Brandise Leonard*, Caregiver Support Specialist/Trainer at Isabella County Commission on Aging, contact bleonard@isabellacounty.org (989)772-0748

Support Group Is **Monday, November 17 from 1:00 p.m. to 2:30 p.m. at the COA building, 2200 S. Lincoln Rd., Mt. Pleasant.** All caregivers are welcome! No pressure to be on time and feel free to leave early. Support is important to caregivers please come as you are.

If you would like to attend the support group, but need care for your loved one while you attend the support group, we have the solution for you! You will need to **RSVP with Brandise 989-772-0748 and Rick Bole of Asona (989)-621-3159 or (989) 546-4269.** COA is allowing Asona to use the COA facility during the support group. COA will provide activities and water.

Have you signed up for Smart911 yet?

Smart911 is an emergency mass notification system used to contact County residents and businesses via phone messages, text messages, and /or E-mail messages ...

You can sign up for FREE at:

www.isabellacounty.org/911 or www.smart911.com or on the Smart911 app.



Entering the Colder Months in Michigan

- Please take all precautions by having your heating system checked for safety concerns and to ensure it will be functioning properly as the temperatures continue to drop.
- Ensure your safety by checking the batteries in your carbon monoxide/fire detector and buying an updated one if you need to.
- Never use the kitchen oven or stovetop to heat your home. This can be a fire hazard as well as a source of toxic fumes.
- “Space” heaters need their space. Keep anything that is combustible at least three feet away and always turn them off when leaving the room or going to sleep.
- As always, be sure to check on each other!

Isabella County Emergency Management

MEDICARE PART D OPEN ENROLLMENT

The Commission on Aging will begin taking calls to schedule Medicare Part D. Each year from **October 15 through December 7.** Medicare beneficiaries should review their existing prescription drug plans. The Commission on Aging will be meeting with Isabella County residents, who are 60 years of age or older, by **appointment only** during open enrollment. If you would like to schedule an appointment through the Commission on Aging, please call **(989)772-0748.**

You may also review and enroll in the Medicare prescription drug plans by going to www.medicare.gov or calling 1-800-MEDICARE. **(1-800-633-4273)** If you or someone you know is under 60, or from another county, you may call Region 7 Area Agency on Aging at **1-800-858-1637** for assistance. Please note that if you or your loved one has employer or retiree health benefits, you should contact your benefits department as these appointments are geared for those without retiree benefits.

Why Review Your Medicare Part D Prescription Plan?

This is the only time each year that all people with Medicare can join or change their Medicare prescription drug plan. Even if you like your current Medicare drug plan, it is strongly recommended that you review your plan for the upcoming year. You may be able to save time, money and frustration by choosing a plan with possibly lower premiums and fewer restrictions. Here are a few frequently asked questions that may be able to answer your specific concerns.

How may my plan have changed?

1. Your current plan may have changed:
2. The monthly premium
3. The annual deductible
4. The co-payments to your pharmacy
5. The formulary (list of covered medications)

What do I have to do if I decide I want to stay in my current plan for 2026?

You are not required to do anything. You will stay enrolled in your current Part D plan unless you sign up for a new plan. If your plan is no longer renewing its Medicare contract, you will receive a letter from your plan stating that it is no longer being renewed and to review other plan options.

What if I change plans and decide I do not like my new plan?

Changes can only be made during Open Enrollment October 15th – December 7th for most people. You will not be able to cancel the plan until the next Open Enrollment.

What if I did not join a Part D plan when I was first eligible, but would like to join now?

You can enroll in a plan during the Annual Open Enrollment. You may have to pay a penalty for enrolling late.

How do I receive help to compare plans for 2026?

You can call the Commission on Aging at **772-0748** to schedule an appointment with one of our trained volunteers. Sessions are available for Isabella County residents, 60 years of age and older, and are by Appointment Only. There is no cost to the sessions, although donations to the agency are welcomed. You can also call 1-800-MEDICARE **(1-800-633-4273)** or go to www.Medicare.gov during the Open Enrollment Period. If you are under the age of 60 or a resident of another county, you may contact the State Health Insurance Program (SHIP) at **1-800-803-7174** to also have your plan reviewed.

Events & Classes at COA

Computer/Tech Class at COA

Tuesday, November 4 at 2:00 p.m.

The Veterans Memorial Library IT Department will be at COA on the **first Tuesday of each month** to answer any questions you have about computers or other technology. Feel free to bring your device with you.

Sponsored by Veterans Memorial Library

Anyone Can Paint

Wednesday, November 5 from 4:00-6:00 p.m.

\$25 per person (*supplies included*)

Let award winning television artist Steve Wood help develop the “artist” in you to create “*Mountain Flowers*.” 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 to (989) 772-0748 to register. **Money and reservations due by Monday, November 3. Checks made out to COA can be mailed to 2200 S. Lincoln Rd. Mt. Pleasant, 48858.**

Next class, Wednesday, December 3

Connecting With Cards

On hold until Spring

Mahjongg

Join our Mahjongg group on **Mondays at 1:00 p.m.** and make new friends! Bring your 2025 card and Mahjongg set if you have them. Instruction is provided.

Coffee Hour with An Attorney

Cancelled for November due to the Holiday!

Starting again in 2026 (January 28), this group will meet on the 4th Wednesday of ALTERNATE months, we will have an attorney from **Sarah’s Law Firm** available to chat with you about general legal questions you may have. **Join us for coffee and light conversation.**

FREE Movie and Popcorn at COA

NO movie for November or December

Veterans Support Group at COA



The Veterans Social Support Group meets on **Thursday, November 13 at 1:00 p.m. in the Craft Room.** **Ian Welch, with the Isabella County VA** will be available to discuss VA benefits and answer any questions. Just a reminder, Veterans can eat lunch for **FREE** on meeting days. Please make sure to call at least 24 hours in advance to make your reservation for lunch at **(989) 772-0748.**

Ice Cream Social

Join us on Wednesday, November 19 at 12:15 p.m. in Room C for Ice Cream Sundaes.

American Red Cross Blood Drive

We will again be partnering with the American Red Cross to host a blood drive on **Thursday, December 4 from 11:00 a.m. to 3:45 p.m.** If you are able, please consider donating blood to help save a life!

To schedule an appointment, please log in to RedCrossBlood.org and enter sponsor code: ISABELLA. Or call 1-800-RED-CROSS at (1-800-733-2767).

Reminder: Please join us for a delicious Thanksgiving Meal on Thursday, 11/20 at 11:45a.m. A reservation is required with limited seating! Holiday Ramblers will play for us from 1:00p.m. to 3:00p.m., so bring your dancing shoes!

FREE Fitness Classes

All participants **MUST** have a membership and signed liability form on file **BEFORE** starting classes.

For questions, or to sign up for zoom classes, please contact Marcy Huntoon (989) 772-0748 or mjerome@isabellacounty.org

Tai Chi for Arthritis

Tai Chi is a gentle, slow-moving exercise designed to improve balance, flexibility, muscle strength, coordination, energy, and overall wellbeing. Regular practice may also reduce the incidence and fear of falling in the elderly. **No class on Nov. 11 or 27.**

This program is supported in part by the Administration for Community Living, the Bureau of Aging, Community Living, and Supports and Region VII Area Agency on Aging.

Beginner Tai Chi (Tai Chi for Health and Balance)

Tuesday & Thursday at 10:00 - 11:00 a.m. in Fitness Room.
No experience necessary, new participants welcome!

Next Level Tai Chi (Yang 24 and Tai Chi for Energy)

Tuesday & Thursday at 11:30 a.m. to 12:30 p.m. in COA Fitness Room. Some Tai Chi experience recommended.

Instructor: Jim VanderMey, Board Certified Instructor, Tai Chi for Health Programs

Gentle Exercise

Monday, Wednesday, and Friday 10:45 to 11:30 a.m. in Fitness Room

This class improves movement and flexibility. Many exercises will be done from a chair or standing behind a chair and will also incorporate resistance bands.

Hula Class

Thursday 3:00 to 4:30 p.m. in Fitness Room
No class Nov. 27

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). *Instructor: Sue Courington*

Video Exercise Group

Monday, Wednesday, and Friday at 9:00 a.m. in Fitness Room.

Join this group in getting together and working out to different fitness videos on the TV. All are welcome to join!

Zumba Gold - Virtual on Zoom

Tuesdays 9:00 to 10:00 a.m.

Thursdays 4:00 to 5:00 p.m.

Enjoy easy-to-follow moves; you'll hardly notice you're exercising. This is an energizing workout that burns calories and tones muscles.

Instructor: Judi Swartz

Aqua Classes: SAC Pool at CMU

When open, participants will be allowed into the Student Activity Center after 8:45 a.m. to get ready for class. Classes occasionally switch days depending on instructor availability - instructors will do their best to inform class participants in advance when changes occur. **No class November 11, 27 or 28**

Water Aerobics

Tues., Wed., Thurs.
9:05 - 10:05 a.m.

Instructor: Mary Alsager

Aqua Zumba

Monday & Friday
9:05 - 10:05 a.m.

Instructor: Angela McGuirk

Yoga

Tuesday 3:00 - 4:00 p.m. In Fitness Room. No class Nov. 11

Instructor: Catherine Tobin

Line Dancing

Tuesday and Wednesday mornings 10:00 - 11:30 a.m. in Room C. Are you new to line dancing? Join us to learn the basic line dancing steps on **Tuesdays 9:30 - 10:00 a.m.** **No class on November 11.**

Otaga Exercise Class

The Otaga Exercise Program provides a safe and healthy environment where participants work alongside student exercise trainers to improve their balance and reduce their risk of falls. This program is designed to be attended once weekly.

No class on Thursday, November 27.

Wednesdays 12:30 to 1:30 p.m.

Thursdays 8:30 to 9:30 a.m.

To sign up call or email: CMU College of Medicine

Call: (989)774-1350 Email: fallprevention@cmich.edu

Otaga classes are currently on hold due to lack of funding

CMU DPT MOVE! For Health Exercise

Wednesdays 4:00 to 5:00 p.m. through December 3

MOVE For Health is a fun, supportive environment, promoting empowerment. It's for people with Parkinson's, Multiple Sclerosis, and anyone that wants to improve their daily function and activities. This class is taught by second year Doctor of Physical Therapy students under the supervision of Dr. Jamie Haines, PT, DScPT, NCS. Contact her at (989) 774-2533. **No class Wednesday, November 26.**



Joseph Radtke, Conductor

With special guests



Present a Veteran's Concert

Sponsored by Krapohl Ford – Lincoln

Benefiting Community Cancer Services of Isabella County

Sunday, November 9, 2025

3:00 p.m.

Mt. Pleasant High School Performing Arts Auditorium

Come and help us salute our veterans as we present a program of patriotic music, in the entertainment tradition of the community concert band.

**Complimentary admission,
Donations appreciated.**

Isabella County Commission on Aging Durable Medical Equipment Storage Closet

The Commission on Aging has medical equipment available at no cost. These items are available for loan, for those who may be needing adaptive equipment to prevent falls and reduce the risk of injuries. In the event that items are not in stock, a social worker may be able to determine if grants are available to purchase needed items.

FOR INFORMATION ON EQUIPMENT AND SERVICES, PLEASE CALL: (989) 772-0748

Durable Medical Equipment Available:

- Shower Stool
- Transfer Bench
- Walkers
- Canes
- Grab Bars
- Commode
- High Rise Toilet Seat
- Bedside Rail
- Crutches
- Wheelchairs
- Incontinence Supplies






Flu & COVID Vaccine Clinic

Central Michigan District Health Department will be offering the flu shot and COVID boosters at Commission on Aging
2200 S. Lincoln Rd.
Mt. Pleasant
Wednesday, October 29th
9:00am to 3:00pm
Room A/B

*Please bring your ID and insurance card.
Must be over 18 years old.*


Central Michigan District Health Department
Promoting Healthy Families, Healthy Communities

Isabella County Historical Society Program

First Tuesday of the month at the Isabella County Commission on Aging at 7:00 p.m. Programs are free and open to the public. Join us **November 4, 2025** for a presentation by Bill Henderson on clock repair.

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Clean & Bright Laundry Services

Sponsored by: St. Johns Episcopal Church

FREE of Charge, laundry supplies provided! Limited to 1 to 3 loads per appointment. For more information or to make an appointment, call Listening Ear at **(989) 772-2918**.

Chippewa Valley Audubon Meeting

The Chippewa Valley Audubon Club will present "A Nature Shot a Day" by Karen Green on **Wednesday, November 12, at 7:00 p.m. at Veterans Memorial Library, 301 S. University St.** The pandemic of 2020 presented obstacles but also opportunities for seeing the natural world through a photographers' lens.

Tax Volunteers Needed!

The Gold Key Volunteer Program is looking for tax volunteers! AARP Tax Aides: Provide income tax return preparation for seniors and low-income taxpayers at various sites in Isabella County during tax season. AARP will provide an IRS certification on how to prepare federal and state income tax forms. Computer skills necessary. Computers are provided. Training will take place during the month of January.



ISABELLA COUNTY COMMISSION ON AGING

VOLUNTEERS NEEDED

- ✕ Seeking Home-Delivered Meal Volunteer Drivers: Run routes in the area of your choice throughout Isabella County on Monday, Wednesday, or Friday. Pick up routes during lunch-time hours on days you are available! Mileage reimbursement offered.

COA Volunteer Needlecrafters

If you want to give back to the community, then come and join the COA Needlecraft Group. This volunteer group meets once per month at COA and also makes items in our own homes, on our own time; which we then donate to around 42 different agencies and organizations including hospitals, nursing facilities, and Veterans organizations. We would love to have you join us!



If interested in volunteering with us, please contact our Gold Key Volunteer program for more information or to sign up!

989-772-0748

klee@isabellacounty.org




You Are Invited To

THANKS GIVING

Lunch Party

NOVEMBER 20

THURSDAY 11:00 A.M.

2025

Isabella County Commission on Aging
2200 South Lincoln Road
Call Rhonda for Reservations!
Seating is limited.
989-772-0748

You are invited to the Senior Health Fair!

Shepherd Meal Site October 31, 2025

Must be age 55+ to participate.

11:00 a.m. until 1:30 p.m.

Join us for information and materials from our local health providers!

Lunch is a pizza!

- To reserve lunch please call by Monday October 27th.
- Please call to reserve your entrance to the Health Fair!



- Physical Therapy
- Blood Pressures by CMU
- MyMichigan Health
- McLaren Central Michigan
- Plus 15 more!

Call Leann at 989-828-5106 for reservations for meals or for attending the Health Fair! Please leave a message.



Health & Wellness

Located at
Shepherd United Methodist Church
107 W Wright
Shepherd



Monday

Tuesday

Wednesday

			Food with Friends Lunch Monday thru Friday at 11:45a.m. in Activity Room C See our Menu on page 10		
9:00 Video Exercise Group 10:00 Dulcimer Group 10:00 Quilts of Valor 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:30 Trivia/Word Search 1:00 Faith Weavers 1:00 Hand Sewing Group 1:00 Cards 1:00 Mahjongg 5:15 Human Rights Committee 6:30 Mountain Town Family Chorus	3	9:30 Basic Line Dancing Instruction 10:00 Line Dancing 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 1:00 Cards 2:00 Computer/Tech Class 3:00 Yoga 5:00 Board of Commissioners Meeting 5:30 Isabella County Historical Society	4	9:00 Video Exercise Group 10:00 Line Dancing 10:00 Chess Club 10:45 Gentle Exercise 11:00 Nutrition Council 11:30 Trivia/Word Search 12:00 COA Advisory Board Meeting 1:00 Cards 1:00 Happy Rippers 4:00 CMU DPT Move for Health 4:00 Anyone Can Paint	5
9:00 Video Exercise Group 10:00 Dulcimer Group 10:00 Quilts of Valor 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:30 Trivia/Word Search 1:00 Faith Weavers 1:00 Cards 1:00 Mahjongg 6:00 Orchard Glen Homeowners Assoc. 6:30 Mountain Town Family Chorus	10	Closed	11	9:00 Video Exercise Group 10:00 Commission Committee Meetings 10:00 Line Dancing 10:00 Chess Club 10:45 Gentle Exercise 11:30 PEO 11:30 Trivia/Word Search 12:30 Between the Covers Book Club 1:00 Cards 1:00 Happy Rippers 4:00 CMU DPT Move for Health	12
9:00 Video Exercise Group 10:00 Dulcimer Group 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:30 Trivia/Word Search 1:00 Faith Weavers 1:00 Mt. Pleasant Garden Club 1:00 Cards 1:00 Mahjongg 1:00 Caregiver Support Group 2:30 Insurance Committee Meeting 6:30 Mountain Town Family Chorus	17	8:30 FOIS Meeting 9:30 Basic Line Dancing Instruction 10:00 Line Dancing 10:00 Beginner Tai Chi 10:00 Needlecraft Meeting 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 1:00 Cards 3:00 Yoga 5:00 Board of Commissioners Meeting	18	9:00 Video Exercise Group 10:00 Line Dancing 10:00 Chess Club 10:00 Second Sight Artists 10:45 Gentle Exercise 11:30 Trivia/Word Search 12:15 Ice Cream Sundaes 1:00 Cards 1:00 Happy Rippers 1:00 Second Hand Book Club 4:00 CMU DPT Move for Health 5:00 Parkinson's Support Group	19
9:00 Video Exercise Group 10:00 Dulcimer Group 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:30 Trivia/Word Search 1:00 Faith Weavers 1:00 Cards 1:00 Mahjongg 5:30 Broadway Kids 6:30 Mountain Town Family Chorus	24	9:30 Basic Line Dancing Instruction 10:00 Line Dancing 10:00 Commissioner Committee Meeting 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 1:00 Cards 3:00 Yoga 5:30 Broadway Kids 6:00 Mid-Michigan Quilt Guild	25	8:00 Happy Rippers 9:00 Video Exercise Group 10:00 Line Dancing 10:00 Chess Club 10:45 Gentle Exercise 11:30 Trivia/Word Search 1:00 Cards 4:00 CMU DPT Move for Health 7:00 Nancy Carey Cancer Support Group	26

Thursday

Friday

Saturday

<div><div></div><div>"The more you practice the art of thankfulness, the more you have to be thankful for" -Norman Vincent Peale</div><div></div></div>		<div><div></div><div></div><div></div></div>
<div><div>6</div><div>8:00 DHHS 10:00 Coffee and Conversation 10:00 Beginner Tai Chi 11:00 Nutrition Education 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 1:00 Cards 3:00 Hula 6:30 Isabella County Democratic Party</div></div>	<div><div>7</div><div>9:00 Video Exercise Group 9:00 Collaborative Meeting 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:30 Trivia/Word Search <i>No afternoon activities due to Craft Show set-up</i></div></div>	<div><div>8</div><div>Craft Show 9 a.m. to 3 p.m. </div></div>
<div><div>13</div><div>8:00 Jerolyn's Sewing Group 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 1:00 Veteran Support Group 1:00 Cards 3:00 Hula 4:30 VA Committee Meeting 6:30 Community Cancer Service</div></div>	<div><div>14</div><div>9:00 FGSPSC In-Service 9:00 Video Exercise Group 9:30 Jam Session 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:30 Trivia/Word Search 1:00 Sacred Heart Book Club 1:00 Cards 1:00 Ukulele Group 6:00 Mt. Pleasant Homeschool Association</div></div>	<div><div>15</div><div>9:00 Charlene's Quilting Group 9:00 Central Michigan Daylily Society</div></div>
<div><div>20</div><div>8:00 Stitchin' Gals 10:00 Beginner Tai Chi 1:00 Thanksgiving Lunch Party 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 1:00 Cards 3:00 Hula 3:00 Faith Weavers 7:00 Mt. Pleasant Citizens Climate Lobby</div><div></div></div>	<div><div>21</div><div>8:00 Happy Rippers 9:00 Video Exercise Group 9:30 Jam Session 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:30 Trivia/Word Search 1:00 Cards 1:00 Ukulele Group</div></div>	<div><div>22</div><div>9:00 Happy Rippers</div></div>
<div><div>Closed</div><div>27</div><div></div></div>	<div><div>Closed</div><div>28</div><div></div></div>	<div><div>"Youth is a gift of nature. Age is a Work of Art." Sidney Houser</div></div>

Please direct all meal reservations to the COA main office at 989-772-0748 and ask for the Meals Line. Please indicate which site you are referring to when leaving a message. Please call 24 hours in advance for reservations. All other questions can be directed to the Site Facilitators at the phone number or email address listed for each site.

FWF Eat Smart Menu			November 2025	
Monday	Tuesday	Wednesday	Thursday	Friday
3 Harvest Stew Biscuit Succotash Pears	4 Turkey Cranberry Sand- wich Cottage Cheese Carrots Apple Crisp	5 Spanish Chicken Au Gratin Potatoes Peas Peaches and Pears	6 Macaroni and Cheese Bread Broccoli Pineapple Tidbits	7 Baked Italian Chicken Bread Herb Potatoes Key West Vegetatbles Tropical Fruit
10 Sloppy Joe Bun Peas & Carrots Pineapple & Oranges	11 Closed No Meals 	12 Sweet &Sour Chicken Bread Prince Charles Blend Fruit Cocktail	13 Roast Pork Bread Scalloped Potatoes Italian Blend Michigan Fruit Cup	14 Chili Corn Bread Baked Potato Apricots
17 Smothered Chicken Bread Whipped Potatoes Capri Blend Mixed Fruit	18 Sweet & Sour Meatballs Bread Brown Rice Kyoto Vegetables Citrus Fruit	19 Lemon Baked Chicken Bread Squash Brussels Sprouts Applesauce	20 Thanksgiving Meal Sliced Turkey Whipped Potatoes Stuffing Winter Blend Pumpkin Pie	21 Chinese Pepper Steak Brown Rice Bread Mixed Vegetables Peaches
24 Italian Meatloaf Bread Company Potatoes Green Beans Mandarin Oranges	25 Pulled Pork Bun Broc/Cauli Salad Apple Cherry Crisp	26 Fish Dinner Roll Herbed Potatoes Pears	27 Closed No Meals Thanksgiving Day 	28 Closed No Meals Black Friday 
				

Menus are Subject to Change Without Notice
 Reservations are Required 24 Hours in Advance

Suggested Donation: Congregate \$3.00, Home Delivered \$3.50

Milk provided with all meals

COA Activity Center
 2200 S. Lincoln Rd. Mt. Pleasant
Meals M - F at 11:45am
 Rhonda Burke, Site Facilitator
 989-772-0748
 rburke@isabellacounty.org
 COA Building OPEN M - F 8:00am-4:30pm

Hello Fall! Crisp mornings and colorful walks this month. A few things to look forward to this month:
Line Dancing Tuesday & Wednesday at 10:00
Bingo on 11/14 & 11/21 at 1:00
Closed on 11/11 for Veterans Day
Ice Cream Sundaes on 11/19 at 12:15
Thanksgiving Meal on 11/20 at 11:45
Reservation required with limited seating!
The Holiday Ramblers will play for us from 1:00 – 3:00, so bring your dancing shoes!

We will be closed on 11/27 & 11/28 for the Thanksgiving Holidays!
 There will be no monthly movies planned for November and December. I hope you all have a safe and blessed Thanksgiving Holiday with many blessings!

NEW

FOOD WITH FRIENDS PUNCH CARDS!

\$15.00 FOR 5 MEALS

\$30.00 FOR 11 MEALS

You can ask your Site Facilitator for more information!

The punch cards can be purchased at the COA Building 2200 S. Lincoln Rd. Mt. Pleasant

ROSEBUSH
 Village of Rosebush Manor
 4210 E. Rosebush Rd. Rosebush
Meals M, W. F 10:00am - 2:00pm
 Jennie Brussow, Site Facilitator
 989-433-0151
 rosebushfoodwithfriends@gmail.com
 Don't let colder weather and gray skies get you down! Join us for food, activities, laughter and friendship.

Rosebush November Calendar
 3 Manicures/Nutrition Ed
 5 Music/David Smith
 7 Music/Paul Wilkinson
 10 Red Hat Strutters
 12 Penny Bingo
 14 Music/Mark & Scott/Ice Cream Social
 17 Music/Just the 2 of Us
 19 Music/Mark DeNoyelles
 21 Music/Greg Merwin
 24 Sing-A-Long with Brian
 26 Music/Kevin Bendele
 28 Closed for Thanksgiving

WINN

Community Center

2583 W. Blanchard Rd., Winn

Meals M, W. F 10:00a.m. - 2:00p.m.

Tammy Foltz, Site Facilitator

989-866-2520**winnfoodwithfriends@gmail.com**

Find inspiration in the falling leaves and the crisp November air! Come to Winn and enjoy our crafts and treats, music and fellowship! You won't be disappointed!

Winn November Calendar

3 Craft Day Hanging Plate/Pine

5 Music: Midnight Express, Nutrition Education

7 Craft Day

10 Craft: Wooden Eggs in Acorns

12 Music: Keven Bendele, Birthday Celebration

17 Craft: Thanksgiving scarecrows

19 Music: Greg Merwin and Barb

21 Craft Day

24 Craft Day: Making Angels

26 Music: Steve and Becky

28 Closed for Thanksgiving**Nutrition Council Meeting**

Please join us **Wednesday, November 5 at 11:00 a.m.** to provide feedback and ideas for future meals and activities!

COA Closing Information:

Once again, it is that time of year with snow falling and roads becoming snow covered or icy. The Commission on Aging takes our volunteers into consideration during bad weather. As a basic rule, if Mt. Pleasant schools are closed due to weather, we will be closed. If you see that meals are running late or haven't looked outside, we post our closings/cancelations on the following TV stations: **ABC 12, NBC 25, CBS WNEM TV5.**

All meals – congregate and home delivered, as well as all COA sponsored activities, events, and fitness classes will be canceled. We usually post the information as early as possible, however sometimes schools close without much notice or later in the day. If you have any questions about meal deliver, please call **(989) 772-0748**

WEIDMAN

Library

3453 N. School Rd., Weidman

Meals M, W. F 10:00a.m. - 2:00p.m.

Sandy Hunter, Site Facilitator

989-644-2538**weidmanfoodwithfriends@gmail.com**

There are three Fridays left before we send Christmas Cards to Soldiers. We could use your support. We write a warm greeting to our warriors wishing them well and thanking them for their service! If you would like to join this effort, please stop by or call Sandy! Wishing all of you a Happy Thanksgiving!

Weidman November Calendar

3 Cards/Dice

5 Conversation/Coffee/Cookies

7 Music: Greg Merwin

10 Cards/Dice BINGO!!

12 Thanksgiving Craft

14 Cards for Soldiers

17 Cards/Dice

19 Conversation/Coffee/Muffins

21 Cards for Soldiers

24 Cards/Dice

26 Cards for Soldiers

28 Closed for the Thanksgiving**SHEPHERD**

United Methodist Church

107 W. Wright Ave., Shepherd

Meals M, W. F 10:00a.m. - 2:00p.m.

Leann Vanacker, Site Facilitator

989-828-5106**shepherdfoodwithfriends@gmail.com**

"What if, today, we were grateful for everything?" – Charlie Brown

Shepherd November Calendar

3 11:00 Lite Exercise, Nutrition

Education. Sandwich Day

12:15 Veterans group, Wii Bowling

5 12:00 Sweet Adelines

7 12:00 Bingo/ Games

10 11:00 Exercise, Wii bowling

12 11:00 Movie: *"An Old-Fashioned Thanksgiving"* (2008)

14 11:00 Puzzle/games

12:15 National Pickle Day, Bingo

17 Chair Exercise/Card Games

19 12:00 Music: Kevin Bendele

21 12:15 National Gingerbread Day/Bingo

24 11:00 exercise

11:30-12:30 Music Al Bartholomew

26 Thanksgiving Trivia

28 Closed for Thanksgiving

***Happy Thanksgiving
from Everyone at COA!***

**Reminder: Food with Friends Donation Increase
Started October 1, 2025**

Over the past five years we have all felt the increase of the cost of groceries. At Commission on Aging, we are feeling the increases on all levels. Our food cost has risen significantly since 2020.

In order to continue providing quality meals and services, we are raising the suggested donation rate to \$3.00 for Congregate meals and \$3.50 for Home Delivered Meals. Commission on Aging strives to keep our costs as low as possible. This was not an easy decision to make, but feel out of necessity to implement the increase.

This is a donation request change, and of course you can choose to donate for meals at any amount if you are able. As always, we will not deny services based on ability to donate.

Carmel Slobodnik, Nutrition Program Manager

Community Compassion Network FOOD PANTRY

Located at the Strickler Center

1114 W High St., Mt Pleasant

Call 989-863-4449, Option 3

Appointments REQUIRED,

No walk-ins

Wed., November 5 2pm - 6pm

Thurs., November 6: 9am – 1pm

Sat., November 8: 9am - 12pm

Wed., November 12: 2pm - 6pm

Thurs., November 13: 9am - 1pm

Wed., November 19: 2pm - 6pm

Thurs., November 20: 9am – 1pm

Sat., November 22: 9am – 12pm

MUST LIVE IN ISABELLA COUNTY

ZIP CODES WE SERVE:

48617, 48618, 48622, 48632, 48858,

48859, 48878, 48883, 48893,

48896, 49305, 49310, 49340

We are Seeking Volunteers!

You Can Sign up at CCNFEEDS.ORG



Happy Veterans Day and
THANK YOU to all of our
service men and women, past
and present. We thank you
for your courage and
dedication!

Weidman Friend of the Month

By: Volunteer, Sue Preuss

Autumn greetings from the friends at the Weidman Senior Activity Center. The crew is busy settling into their chilly weather routine as we close the books on the summer of 2025. Each Monday in November the annual project of writing Christmas cards that are sent to active military personnel is worked on after lunch. So, if you would like to help thank the soldiers for their service, or have cards you would like to donate, please stop by. This is a project that they have been doing for quite a few years now and each year it's the goal to be able to send out more cards than the previous year.

The construction of the library addition is complete now. It was a bit chaotic at times during the project, but all the dust has settled and the new addition is ready to be enjoyed. The Food with Friends menu is now reflective of the chillier temps. So, if you're looking for a hearty meal at a very reasonable price, **call Sandy Hunter, the site facilitator at 989-644-2538 to place your order the day before you plan to come.** The site is open M, W and Fri from 10-2. And, as we approach the holiday season, the crew wishes everyone a happy, blessed Thanksgiving and invites you to come and join in the fun and friendship that happens each day that they gather.

COA HALLOWEEN PARTY



Nancy Carey Cancer Support Group

Instead of our monthly meetings, we'll have a Christmas Party at Cheers Neighborhood Grill and Bar (1700 W High Street in Mt. Pleasant.) on **Wednesday, December 3 from 5 to 7 p.m.** For more information, call **989-513-7827**.

Our support group is committed to helping women in our community who are survivors or currently dealing with cancer. Since its inception in 1991, we have shared our experiences, provided friendship, compassion and information with other women touched by cancer. Our meetings are informal and upbeat. All shared information is confidential.

For more information contact:
ncarey.cancer.group@gmail.com

Parkinson's Support Group

Meets 4th Wednesday of each month
(*except November and December*)

November 19 and December 17 from 5:00-6:00 p.m. at COA 2200 S. Lincoln Rd., Facilitator: Dr. Jamie Haines, PT, DScPT, Associate Professor, Department of Physical Therapy, CMU.

Phone: 989-415-0418 or email:
haine1jj@cmich.edu

FREE Mental Health Support Groups

Third Wednesday of each month

- 6:30 to 8:00 p.m. at Summit Clubhouse 2120 E Remus Rd.

Family Support Group

For family and friends

Connections Support Group

For anyone experiencing mental health challenges.

For more information: please call
989-948-3273

Huntington's Support Group

NO November Meeting

Time: Gathering time at 2:00 p.m. with meeting starting at 2:30 p.m.

RSVP to Group Leader:

Galen Voss

Email:

galenvoss@yahoo.com

Free Balance

Screenings

One in three adults aged 65 or older will fall each year. A fall can drastically change your quality of life, and balance is the key to your independence. This 20-minute screening will include a fall survey, a balance screening and results counseling with our licensed Physical or Occupational Therapist.

- Have you fallen in the past year or are you afraid of falling?
- Do you have trouble getting around due to weakness or imbalance?
- Do you feel dizzy or unsteady if you move suddenly or if you turn over at night?
- If you answered "Yes" to these questions, this screening is for you!

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

Fasting for 10-12 hours before the test is required. Walk-in cholesterol screenings will be offered on **Wednesday, Nov. 19 from 7:00-10:00am. Cost \$25 payable the day of the screening. No appointment is necessary.**

McLaren Central Michigan, East Entrance, 1221 South Drive, Mt. Pleasant

New Tomorrows - *Eight Week Grief Education Series*

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 and are given tools designed to assist them in navigating through the experiences of grief. Group meets every Wednesday, through Oct. 29 from 9:30 a.m. to 11:30 a.m. at McLaren Central Michigan: 1221 South Dr. Mt Pleasant, MI 48858.

Call Amy Kaczmarek, McLaren's Bereavement Coordinator and Tomorrows Facilitator, at (989) 233-4613 to register at any time during the series or with questions.

In Memory Of

David & Goldie Higgins
Douglas Higgins

Bill Theunisson
Walter Schneider

Emily Jackson
Bill & Louanna Burch

Chum Utterback
Ruth Utterback

Kay (Hafer) Love
Harry L. Love & Family

For Active Living
Orlin Curtis
Jackie Curtis

Wanda Odykirk
Bill Odykirk
Barb Sullivan


Jerry Schafer
Bethel Schafer

Donna and Rich Parr
Anonymous

For Food with Friends
Joe Epple
Jeanne Epple

Betty Schafer
Melissa Schafer

Harry J. Schafer - Veteran
Gary & Julie McBride 

Harry Schafer - Veteran
Sharon Horgan 
The Harry Schafer Family

For Gold Key Volunteers
Joe Epple
Jeanne Epple

Dear Valued Contributors,

As a reminder, we have a procedure to help you keep track of your generous, tax-deductible donations. From this point forward, instead of sending you multiple letters for each donation you send throughout the year we will now be able to send you an annual summary at the end of each year upon request. This summary will list each donation you made for the entire calendar year in one document and will prevent you from having to keep track of and file away papers all year long. If you would like for us to mail you this convenient new summary letter, please contact **Mallory Fernandez at (989) 772-0748** toward the closing of the year to have one sent to you.

We could never thank you enough for all of the gracious donations you give to help us keep our programs up and running to better serve our communities.

Active Living Donors

Anonymous X 2
Mary Beamish
Norman Burmeister
Renee & Thomas Chrispell
Mary Ann Davis
Jerry & Joan Doan
Judy Duzenbury
Jeanne Epple
Nancy Fodor
Suezell Francek
Larry & Kathy Fussman
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Harold & Sharon Zastrow

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COA

The Benefit of Bruce Canute
M & J Florian
Charlene Gross
Margie Henry
Martha McClure
Jerry & Marilyn Morey Family Foundation
Patrick Neff
Rogue Schafer
Carolyn Swart
Carol Swan
Jeannette Wedding
Marlene Wolber

Food With Friends

Ron Oswald
Nancy Scovill

Activity Center

Nancy Scovill

**Thank you for all
your generous
donations!**

To keep Active LIVING a part of our communities, we need your support. **Please consider donating to Active LIVING.** You may use the donation form below. The suggested annual donation amount needed is \$25.00. We deeply appreciate your support.

Enclosed is my Donation for

§

Please make check payable to:

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

- ☐ Active LIVING
- ☐ COA ActivityCenter
- ☐ Food With Friends
- ☐ Foster Grandparent / Senior Companion Program
- ☐ GoldKeyVolunteer Program
- ☐ In Home Services
- ☐ Where most needed

- ☐ **Memorial**
- ☐ **Honorarium**

Name: _____

- ☐ **Veteran** _____
- ☐ **Keep Donation Anonymous.**

Please send acknowledgment to:

Name: _____

Address:

Thank You for your Support

Commission on Aging
Advisory Board

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District 2	Ruth Anne Manietau
District 3	Stacie Keipinger
District 4	John Dinse
District 5	Alicia Haley
District 6	Larry Fussman
District 7	John Zang
At-Large	Ruth Barrett
At-Large	Jessica Lapp

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Member	Deborah Barker

Temporarily Away

Active LIVING Deadline

Isabella County Commission on Aging 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 years of age and older and live within our geographical service areas:

- ### *In Home Services Program*

- ### *Food with Friends Program*

***Foster Grandparent Program
Senior Companion Program***

- ### *Activity Center Program*

- ### *Gold Key Volunteer Program*

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 - 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.



LEGAL SERVICES
of Eastern Michigan

**Free Legal Help
for Seniors
Age 60+**



PRACTICE AREAS

Simple Wills Powers of Attorneys Ladybird Deeds
Fair Housing and Reasonable Accommodations
Consumer Rights Public Benefits Eviction Defense
Assistance with Other Critical Legal Needs Affecting Seniors

SERVING

Bay / Clare / Gladwin /
Gratiot / Huron / Isabella
Midland / Saginaw
Sanilac / Tuscola


CALL FOR HELP TODAY

1-800-322-4512

Between 9:00 am to 5:00 pm
Monday thru Friday

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Active LIVING

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

Non-Profit Org.
U.S. Postage
PAID
Permit No. 52
Mt. 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: \$25 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 Change: Active *LIVING* is mailed under a nonprofit automated mail rate and will not be forwarded with a notice to the post office.

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

For Delivery of



Please check: ☐ New Subscriber ☐ Renewal Contribution: \$ _____

☐ Change of Address (Please attach a label with old address)

☐ Temporarily Away Stop Date _____ Restart Date _____

Temporarily Away - Address

New Subscriber or Change of Address

Full Name _____

Full Name _____

Address _____ Apt. No. _____

Address _____ Apt. No. _____

City _____ Zip _____

City _____ Zip _____

Phone _____

Phone _____

E-mail _____

Send to: **Friends of Isabella Seniors(COA)**

**2200 S. Lincoln Rd.
Mt. Pleasant, MI 48858**

**Please make checks payable to:
Friends of Isabella Seniors**