

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



**The Commission on Aging and
 Friends of Isabella Seniors
 are asking you to *share your love*
 and make a donation to the
 2026 *Have a Heart Project*.**

Help us fund gift cards, Valentines, and supplies for our annual outreach. Every dollar helps —our goal is to assist 120 older adult residents in Isabella County with the high cost of food, medications, and warm winter clothing. The Have a Heart project depends solely on the generosity of Isabella County residents. There are no federal, state, or local funds used.

If giving isn't possible, sharing this message helps just as much. Together, we can make Valentine's Day feel a little brighter for everyone. THANK YOU for your willingness to help our friends and neighbors!

Yes, I want to help Have a Heart!

Donor Information Form

Please print clearly and return with your gift.

Name: _____

Address: _____

City/State/ZIP: _____

Gift Amount: \$_____

My gift is:

☐ In Memory of: _____

☐ In Honor of: _____

☐ Please keep my donation Anonymous

Make checks payable to: FOIS - Have a Heart

Mail to: Friends of Isabella Seniors

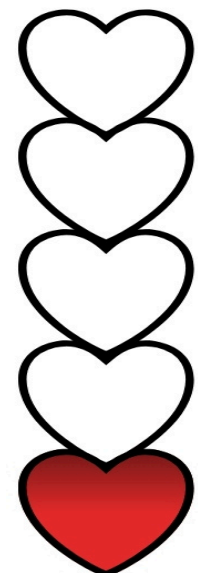
ATTN Have a Heart

2200 South Lincoln Road

Mount Pleasant, MI 48858

GOAL:

\$12,000



Mission Moments

It's hard to believe another year is coming to an end! It seems like time moves faster every year that passes, especially now that I have two kids to keep up with! My husband and I started the year off welcoming our second daughter, Kennedy to our family, and while it's been such a blessing watching her learn and grow over the past 11 months, we are in total denial that we will soon be celebrating her first birthday! Our oldest daughter, Harper, started Kindergarten this year and it has been such a joy to watch her learn and grow, though as parents it's always hard to give up those little pieces of our kids!

As far as Commission on Aging, what a fun year we've had! We hosted two dances with the Louisell family, our annual Health Expo, enjoyed an Elvis impersonator and a car show, had our most successful golf outing fundraiser for Friends of Isabella Seniors, took a trip to see the Tigers play and to Turkeyville for a Christmas show, hosted many local professionals to put on free educational seminars, and so much more! Most recently, we had our annual Craft Show, which was a great event, as always. We had many local artisans join us to share their craft and shoppers were able to get a kickstart on their Holiday shopping, while supporting small businesses/craftsman! I can't wait to see what the new year brings!

What a great year 2025 has been! We have been so fortunate to welcome new faces and make new friends here at the COA. On behalf of your COA Family, thank you for trusting us to care for you! We wish you all a very Happy and Healthy Holiday Season, and we look forward to continuing to serve you in the New Year!

We had a great turnout for our Halloween Party on Friday, October 31! Thank you to those who joined us and dressed up! Our costume contest winners were the prisoner, the flapper and the game twister!!



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, December 15 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.

Finding Joy in the Season: A Caregiver's Holiday Reflection

The holidays have a way of stirring up so many emotions—joy, nostalgia, love, and, for many caregivers, a fair amount of stress. Between appointments, daily care routines, and trying to keep up with family traditions, it can start to feel like there just isn't enough of you to go around. I've seen it in so many of the caregivers we work with—and I've felt it myself, too.

If that sounds familiar, please know you're not alone. Caregiving is a beautiful act of love, but it can also be exhausting. During the holidays, the pressure to make everything "perfect" can make that exhaustion even heavier. This year, I encourage you to take a step back and ask: What truly matters most to us this season?

Maybe it's not the big dinner or every decoration in place. Maybe it's sitting together by the tree, listening to music, or sharing a memory from years gone by. One of my favorite things to suggest to caregivers is a memory jar—grab a few slips of paper and each day, write down one special memory, a funny story, or something you're grateful for. By the end of the season, you'll have a collection of love and laughter to revisit whenever you need a smile.

If you care for someone living with dementia or limited mobility, try adapting old traditions into smaller, simpler moments. Bake one batch of cookies instead of four. Take a short drive to see the Christmas lights, or just sit together with cocoa and watch the snow fall. These moments may seem small, but they're often the ones that stay in your heart the longest.

And please, don't forget about yourself. Take a few minutes each day just for you—whether it's a walk, a phone call with a friend, or simply sitting in quiet. Caring for yourself allows you to care more fully for those you love. This holiday season, give yourself the gift of grace. You are doing important, loving work, even when it's hard. The Commission on Aging is here to remind you that you are seen, valued, and supported. From all of us here, we wish you a peaceful holiday season filled with warmth, laughter, and moments of calm joy—one memory at a time.

MEDICARE PART D OPEN ENROLLMENT

Due to the huge volume of calls, we will no longer be taking new Medicare D appointments unless they are an existing client. All other calls for appointments will be referred to MI Options at 1-800-803-7174 or Medicare.gov at 1-800-MEDICARE (1-800-633-4273). You may also review and enroll in the Medicare prescription drug plans by going to www.medicare.gov. Just a reminder, open enrollment ends December 7th!



Tax Prep 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.

Contact Kelly Lee at the COA to sign up!
klee@isabellacounty.org or 989-772-0748.

Events & Classes at COA

Computer/Tech Class at COA

Tuesday, December 2 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, December 3 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 **“Snowmen Decorating.”** 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. **Money and reservations due by Monday, December 1. Checks made out to COA can be mailed to 2200 S. Lincoln Rd. Mt. Pleasant, 48858.**

Next class: Wednesday, April 1

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.**

Isabella County Historical Society

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 December 2 for a time of sharing. Attendees should bring an item that has special meaning to them. Everyone will share the story behind their special item.

Veterans Support Group at COA

The Veterans Support Group meets on **Thursday, December 11 from 1:00-2:00 p.m.** Veterans can eat lunch FREE on meeting days, please make your lunch reservation at least 24 hours in advance by calling (989) 772-0748.

Ice Cream Social

Join us on Wednesday, December 17 at 12:15 p.m. in Room C for Root Beer Floats

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).

Cookie Decorating and Hot Cocoa Bar

Join CMU Pre PA Club for cookie decorating and a hot cocoa bar on December 1 from 1:00-3:00 p.m. in Room C.



FREE Movie and Popcorn at COA
NO movie for November or December

Connecting With Cards

On hold until Spring

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 Dec. 25**

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 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 11:30 a.m.-12:30 p.m. in Fitness Room. Some Tai Chi experience recommended.

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

Gentle Exercise

Monday, Wednesday & Friday 10:45-11:30 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. **No class December 24 or 31**

Hula Class

Thursday 3:00-4:30 p.m. in Fitness Room

No class December 25

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 & 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! **No class December 24 or 31**

Yoga

Tuesday 3:00 - 4:00 p.m. In Fitness Room.

Instructor: Catherine Tobin

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.

CMU Pool Closed December 15 - January 12

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

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 December 24 or 31

Otaga Exercise Class

Otaga classes are currently on hold due to funding

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.

To sign up call or email: CMU College of Medicine

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

CMU DPT MOVE! For Health Exercise

MOVE Class will be on break until Spring Semester - Class resumes on Wednesdays from 4-5p.m. starting January 14!

Zumba Gold - Virtual on Zoom

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

Thursdays 4:00-5:00 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

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



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.

Chippewa Valley Audubon Meeting

The Chippewa Valley Audubon Club will be having Club Sharing Night on Wednesday, 12/10/2025, 7 p.m., at Veterans Memorial Library, 301 S. University St., Mt Pleasant. Club members will share power point photos or other nature displays. Public invited. Refreshments.

Isabella County Parks 2026 Opening Day for Online Campsite Reservations Set for Tues. Feb 10

Important dates regarding 2026 Isabella County Parks camping reservations are as follows: Online Reservations – Tuesday, February 10, 2026 at 9:00 a.m. Phone Reservations – Wednesday, February 18, 2026 at 8:30 a.m. On Tuesday, February 10, 2026 at 9:00 a.m., online reservations will begin for the Isabella County Parks and Recreation 2026 camping season for Coldwater Lake Family Park and Herrick Recreation Area. On this date, and until February 18, reservations can only be made through the online reservation system, which can be accessed through the County Parks website at isabellacounty.org/parks or directly at isabellacounty.goingtocamp.com. Those who are new to this process are encouraged to visit isabellacounty.org/parks, go to the “Reservations” tab, then “Online Reservations”. Read through the posted messages that include policies and procedures. All policies apply to both online and phone call reservations. Finally, click “Reserve Online” at the bottom of the page to create a new account and browse site availability.

Everyone is encouraged to use the online reservation system as this will be the earliest opportunity to make 2026 camping reservations at Coldwater and Herrick campgrounds. Telephone reservations will be taken beginning Wednesday, February 18, 2026 at 8:30 a.m. Reservations made at Coldwater and Herrick parks require a 2-night minimum stay and a 3-night minimum stay is required for holiday weekends. Full payment is due at the time of making a reservation. Those reserving multiple campsites for a group will need the name, address, phone number and email (email optional) of at least one person, 18 years or older, staying overnight on each site. The occupant name must be different for each site reserved. Isabella County Parks campgrounds do not offer group-specific campsites. Coldwater Lake Family Park and Herrick Recreation Area open for camping on Friday, May 1, 2026. Coldwater closes Sunday, October 4, 2026 and Herrick closes Thursday, October 1, 2026. Deerfield Nature Park is open for rustic, tent-only camping year-round. For any questions regarding camping reservations, please contact the Isabella County Parks Main Office at (989) 317-4083.



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.





HOLIDAY SPIRIT WEEK 2025

DECEMBER 15TH MERRY MONDAY
Wear red and green



DECEMBER 16TH CHRISTMAS PJS
Wear your coziest Christmas pajamas



DECEMBER 17TH WHITE OUT WEDNESDAY
Wear your white



DECEMBER 18TH FESTIVE HOLIDAY SWEATER
Break out those festive Holiday sweaters!



DECEMBER 19TH FLANNEL FRIDAY
Wear your favorite flannel (shirt, pants, dress, etc.)







ART REACH YOUTH CHORUS Winter Concert

Free & Open to the public!

6pm Wednesday, Dec. 17, 2025
Isabella County Commission on Aging
2200 S Lincoln Rd, Mt Pleasant, MI 48858

Sponsors: Mt. Pleasant Jaycees, Bandit Industries Community Fund, Fabiano Family Fund, and Schafer Community Impact Fund

<p>2025 Supporters</p> <p>ART REACH <i>Of Mt. Michigan</i></p> <p>MICHIGAN ARTS & CULTURE COUNCIL</p>	<p>Monet</p> <p>Bandit Industries - Rose Pressed Central Michigan University Griff of Mt. Pleasant Isabella Community Credit Union Knapold Ford - Major Economic Development Co. Linda Moray - New Mind Counseling Saginaw Chippewa Indian Tribe</p>	<p>Shakespeare</p> <p>Meet Mt. Pleasant</p> <p>ISABELLA BANK Charter Township Union</p>	<p>Beethoven</p> <p>Mike & Dianne Moray</p> 
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Senior Companion Program



Provide companionship and socialization for isolated older adults who want to live independently.

Qualifications:

- 55 or Better
- Meet income requirements
- Commit to 15-20 hours a week
- Be in good standing health
- Pass various background checks
- Be ready to make a difference



ISABELLA COUNTY COMMISSION ON AGING

Foster Grandparent Program



Mentors & role models for at-risk students to provide academic assistance in school settings.

Benefits:

- Earn a non-tax stipend
- Mileage reimbursement
- Pre-service & ongoing training
- Holiday & PTO
- Fulfill a life long purpose



AmeriCorps Seniors

CONTACT US

Isabella County Commission on Aging
Brandi, Jodi or Anne
(989) 772-0748

Monday

Tuesday




Wednesday

9:00 Video Exercise Group 1 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 1:00 Hot Cocoa Bar & Cookie Decorating 5:15 Human Rights Committee 5:30 Broadway Kids 6:30 Mountain Town Family Chorus	2 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 Broadway Kids 5:30 Isabella County Historical Society	3 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 1:00 Happy Rippers 4:00 CMU DPT Move for Health 4:00 Anyone Can Paint 5:30 Broadway Kids
8 9:00 Video Exercise Group 10:00 Dulcimer Group 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:30 Trivia/Word Search 12:00 QOV Christmas Party 1:00 Faith Weavers 1:00 Cards 1:00 Mahjongg 5:30 Broadway Kids 6:00 Orchard Glen Homeowners Assoc. 6:30 Mountain Town Family Chorus	9 9:00 Jerolyn's Sewing Group 9:30 Basic Line Dancing Instruction 10:00 Commissioner Committee Meeting 10:00 Line Dancing 10:00 Beginner Tai Chi 10:00 Needlecraft 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 1:00 Cards 2:30 Huntington's Disease Support Group 3:00 Yoga 4:00 League of Women Voters 5:00 PEO 6:00 MMQG 7:00 Mid Michigan Woodcrafters	10 9:00 Video Exercise Group 10:00 Line Dancing 10:00 Chess Club 10:00 Heartland Basket Weavers 10:45 Gentle Exercise 11:30 PEO 11:30 Trivia/Word Search 1:00 Cards 1:00 Happy Rippers 5:30 Broadway Kids
15 9:00 Video Exercise Group 10:00 Coffee and Conversation 10:30 Dulcimer Concert 10:45 Gentle Exercise 11:30 Trivia/Word Search 1:00 Faith Weavers 1:00 Cards 1:00 Mahjongg 1:00 Mt. Pleasant Garden Club 1:00 Caregiver Support Group 2:30 Insurance Committee Meeting 6:30 Mountain Town Family Chorus <i>Wear Red and Green</i>	16 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 3:00 Yoga 5:00 Board of Commissioners Meeting  <i>Wear Christmas Pajamas</i>	17 8:00 Happy Rippers 9:00 Video Exercise Group 10:00 Second Sight Artists 10:00 Line Dancing 10:00 Chess Club 10:45 Gentle Exercise 11:30 Trivia/Word Search 12:15 Root Beer Floats 1:00 Second Hand Book Club 1:00 Cards 5:00 Parkinson's Support Group 6:00 Art Reach Children's Choir <i>Wear White</i>
22 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	23 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 12:15 December Birthdays 1:00 Cards 3:00 Yoga	24 Closed 
29 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	30 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	31 Closed 

Thursday

Friday

Saturday Page 9

<p>4</p> <p>10:00 Coffee and Conversation 10:00 Beginner Tai Chi 11:00 Red Cross Blood Drive 11:00 Nutrition Education 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 1:00 Cards 3:00 Hula 5:30 Broadway Kids 6:00 Central Michigan Thin Blue Line 6:30 Isabella County Democratic Party</p>	<p>5</p> <p>8:00 Happy Rippers 9:00 Video Exercise Group 9:00 Collaborative Meeting 10:00 Coffee and Conversation 10:30 Ukulele Concert 10:45 Gentle Exercise 11:30 Trivia/Word Search 1:00 Bingo 2:00 Cards</p>	<p>6</p> <p>9:00 Happy Rippers</p> <p>7</p> <p>9:00 Happy Rippers</p> <p>1:30 Broadway Kids</p>
<p>11</p> <p>10:00 Coffee and Conversation 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 1:00 Cards 1:00 Veterans Support Group 3:00 Hula 4:00 FGSPSC Advisory Council 4:30 VA Committee Meeting 5:30 Broadway Kids 6:30 Community Cancer Service 7:00 Mt Pleasant Citizens Climate Lobby</p>	<p>12</p> <p>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</p>	<p>13</p> <p>Reminder: COA Closed December 24, 25, 31 and January 1</p>
<p>18</p> <p>9:00 Stitchin' Gals 10:00 Coffee and Conversation 10:00 Beginner Tai Chi 11:00 Christmas Party 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 1:00 Cards 3:00 Hula</p>  <p><i>Wear Your Festive Holiday Sweater</i></p>	<p>19</p> <p>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 Bingo 1:00 Ukulele Group 2:00 Cards</p>  <p><i>Wear Flannel</i></p>	<p>20</p> <p>9:00 Charlene's Quilting Group</p>
<p>25</p> <p>Closed</p> <p>MERRY CHRISTMAS</p>	<p>26</p> <p>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</p> <p><i>No Meals!!</i></p>	<p>27</p>
		<p>Food with Friends Lunch Monday thru Friday at 11:45a.m. in Activity Room C See our Menu on page 10</p>

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**December 2025**

Monday	Tuesday	Wednesday	Thursday	Friday
1 Salisbury Steak Bread Whipped Potatoes Succotash Mixed Fruit	2 Beef Taco Bowl Cilantro lime Rice Corn Apple Crisp	3 Corn Chowder Bread Stick California Blend Strawberries	4 Pizza Casserole Garlic Toast Yellow Beans Fruit Cocktail	5 Italian Herb Chicken Bread Broccoli Scalloped Potatoes Mandarin Oranges
8 Beef & Sweet Peppers Bread Cheesy Potatoes Spinach Applesauce	9 Baked Spaghetti Bread Stick Italian Green Beans Peaches	10 Chicken Broc Cheese Bread Baked Potato Mixed Vegetables Berry Fruit Cup	11 Potato Crunch Fish Bread Au Gratin Potatoes Stewed Tomatoes Pineapple & Oranges	12 BBQ Meatloaf Dinner Roll Peas & Carrots Whipped Potatoes Fruit Cocktail
15 Cabbage Roll Cass Bread Carrots Mandarin Oranges Cookie	16 Macaroni and Cheese Bread Broccoli Strawberry Shortcake	17 White Chicken Chili Bread Stick Capri Vegetable Blend Citrus Fruit	18 Christmas Meal Baked Ham Dinner Roll Hashbrown Casserole Green Beans with Crispy Topping Cranberry Mousse	19 Ham & Cheese Break- fast Casserole Redskin Potatoes Clementine Apple Juice
22 Chinese Pepper Steak Bread Brown Rice Mixed Vegetables Pineapple Tidbits	23 Chicken Burrito Bowl Bread Apple Slices Strawberry Yogurt Cookie	24 Closed No Meals Christmas Eve 	25 Closed No Meals Christmas Day 	26 No meals Today 
29 BBQ Chicken Breast Bread Harvest Blend Veg. Cinnamon Applesauce Cookie	30 Swedish Meatballs Bread Whipped Potatoes Green Beans Fresh Orange Goldfish Grahams	31 Closed No Meals New Year's Eve 	1 Closed. No Meals 	2 No Meals Today 

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

Milk provided with all meals
Suggested Donation: Congregate \$3.00, Home Delivered \$3.50

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

Winter is Here! Everyone had a wonderful time at our Halloween Party with some great costumes! Thank you to all who came and also to those who dressed for the costume contest! First place winner, Jim Ingersall, Second place, Christine McNight, Third place, Jennah Wolf! Congrats to all!! Our Thanksgiving meal was a great hit! The music was provided by the Holiday Ramblers. They always put on a great show! Hope you all had a blessed and thankful holiday. COA will be closed on December 24, 25, 31, and January 1 for the Holidays! I wish you all a safe and warm holiday!

December Events to Remember:

Line Dancing is on Tuesday and Wednesday at 10:00

12/5 Ukelele Concert 10:30 -11:30 Bingo with Megan 1:00

12/11 Veterans Support Group 1:00

12/15 Dulcimer Concert 10:30 -11:30

12/17 Root Beer Floats 12:15

12/18 Christmas Meal 11:45 John Kniffen to DJ 11:00 – 2:00

12/19 Bingo 1:00

12/26 No Meals will be served**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, our meals will be canceled. We post our closings/cancelations on the following TV stations: **ABC 12, NBC 25, CBS WNEM TV5** so please make sure to check there for confirmation.

All meals – congregare 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 delivery, please call our office at (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****Weidman December Calendar**

Happy Holidays! We are closed for a few days this month. Thank you for all that have helped with the Christmas Cards for Soldiers. They are appreciated and let our soldiers know we care. Have a wonderful holiday season and Happy New Year!

1 Cards and Dice

3 Nutrition Ed with Cookies & Coffee

5 Music: Greg Merwin

8 Cards and Dice

10 Christmas Craft, Gnome Ornaments

12 December Birthday Celebration w/ Cake!

15 Cards and Dice

17 Coffee, Conversation and Muffins

19 Christmas Bingo!

22 Cards and Dice

24 Christmas Eve/Closed

26 Closed

29 Cards/Dice

31 New Year's Eve/Closed

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****Shepherd December Calendar**

"Winter is the time for comfort, for good food and warmth". We would love to see you join us for great company, warm food and fun! The Shepherd site has so many activities to offer. We are a great group that loves to chat and brings a true feeling of togetherness at the site! Come check us out!

1 - 11am Exercise 12:30pm Wii Bowling, Nutrition Education, Pie Day

3 - 11am Holiday Movie and December Birthdays

5 - 11am Holiday Trivia 12:15pm Bingo

8 - 11am Exercise 12:30pm Wii Bowling/Crossword Challenge

10 - 11am games 12:15pm Hiram's Christmas Program

12 - Closed

15 - 11am Chair Exercise, Gingerbread House Making

17 - 11am Holiday Party with Special Musical Guest Justin Judge

19 - 11am Wii bowling 12:15pm Ugly Sweater Day, Bingo

22 - 11am exercise 11:30 Musical Guest Al Bartholemew

24 - Christmas Eve/Closed

26 - Closed

29 - 11am Excise, Games

31 - New Year's Eve/Closed

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****Rosebush December Calendar**

If you need a break from the colder weather and holiday preparations, come enjoy lunch with us and stay for some of our special activities. We guarantee you will have fun! Hope to see you soon.

1 Manicures/Nutrition Ed

3 Bingo/Prizes, Music: David Smith

5 Music TBA

8 Make Gingerbread Houses

10 Music/Marty Miller

12 Music/Mark & Scott/ Ice Cream Social and Birthday Celebration

15 Music/Just the 2 of Us

17 Music/Mark DeNoyelles

19 Music/Jim Gilmore

22 Sing-A-Long with Brian

24 Christmas Eve/Closed

26 Closed

29 Music/Kevin Bendele

31 New Year's Eve/Closed

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****Winn December Calendar**

Ho, Ho, Ho! In December we might see a bit of snow! The holidays bring on great traditions where family and friends come together! Come join us for a busy December full of music and crafts! We have so much fun that they can hear us laughing across the county!

1 Making the Grinch Day (Craft) Wear your Grinch-wear (green)

3 Music: Midnight Express, Nutrition Education

5 Finishing our Grinch projects

8 Picture Frame craft

10 Entertainment: Puppets! Music: Kevin Bendele

12 Closed

15 Wood Snowmen and Ribbon Angels

17 Holiday Party! Music: Justin Judge with special guest!

19 Make up day: Crafts

22 Closed

24 Christmas Eve/Closed

26 Closed

29 Paper Angels

31 New Year's Eve/Closed

**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**

CCN FOOD PANTRY

Located at the Strickler Center,
1114 W High St., Mt Pleasant
Call 989-863-4449, Option 3

Appointments REQUIRED, No walk-ins

Wednesday, December 3	2 p.m. - 6 p.m.
Thursday, December 4	9 a.m. 1p.m.
Saturday, December 8	9 a.m. 12 noon
Wednesday, December 10	2 p.m. - 6 p.m.
Thursday, December 11	9 a.m. - 1 p.m.
Wednesday, December 17	2 p.m. - 6 p.m.
Thursday, December 18	9 a.m. – 1 p.m.
Saturday, December 20	9 a.m. – 12 noon

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

See Additional Food Pantries and
Meal Locations Below:

Weidman Friend of the Month

By: Volunteer, Sue Preuss

Sue Ann Carpenter of Lake, in Coldwater Twp. is the Weidman Senior Activity Center friend of the month. Originally from Union Township, Sue Ann has lived here since September of 2003. She has one son and three grandsons. She's officially retired but has a hobby that keeps her very, very busy. Known in her neighborhood as "The sheep lady", she raises sheep, sheers them, cleans the wool, cards it then spins it into yarn. In addition to spinning the yarn, she also dyes it herself and creates original items such as handwarmers hats, etc. She got her first spinning wheel in 1989 and has been creating yarns ever since. In chatting with this talented lady, I asked how she came to know about the WSAC, she said because of all her visits to the library, she knew that the center was connected and decided to check it out. Senior centers have a special place in her heart as she saw her mom be a very active member of the center in her area, to the point that she drove a number of the friends to and from the center on a regular basis so they could also enjoy all the fun. Sue Ann said she got a very warm welcome here at the WSAC and looks forward to spending time here when she is able to. If you would like to meet Sue Ann and learn more about her hobby, or come and meet the rest of the friends, the center is open Monday, Wednesday and Friday from 10-2. The sit and get fit exercise group meets from 10-11am along with the others that are playing games, working on jigsaw puzzles or just enjoying visiting with each other. If you're interested in coming and having a Food with Friends meal, Call Sandy Hunter at 989 644-2538 the day before to place your order. The menu is available on the COA website. Hope to see you soon.

DECEMBER 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Isabella County Soup Kitchen 8:30am - 1:00pm Salvation Army 1:00-4:00PM CMU Student Food Pantry Noon- 3pm <small>Little downtown pantry at first united methodist Church 12pm-5pm</small>	2 Isabella County Soup Kitchen 8:30am - 1:00pm Salvation Army 1:00-4:00PM CMU Student Food Pantry 4pm-7pm <small>Little downtown pantry at first united methodist Church 12pm-5pm</small>	3 CMU Student Food Pantry 2pm-5pm CCN Infant Pantry 10:00 am-5:00pm	4 Isabella County Soup Kitchen 8:30am - 1:00pm Salvation Army 1:00-4:00PM CMU Student Food Pantry 2pm-5pm	5 Little downtown pantry at first united methodist Church 12pm-5pm	6
7 Max & Emily's 11:00-2:00PM	8 Isabella County Soup Kitchen 8:30am - 1:00pm Salvation Army 1:00-4:00PM CMU Student Food Pantry Noon- 3pm <small>Little downtown pantry at first united methodist Church 12pm-5pm</small>	9 Isabella County Soup Kitchen 8:30am - 1:00pm Salvation Army 1:00-4:00PM CMU Student Food Pantry 4pm-7pm <small>Little downtown pantry at first united methodist Church 12pm-5pm</small>	10 CCN Infant Pantry 11:00 am-3:00pm	11 Isabella County Soup Kitchen 8:30am - 1:00pm CCN Pantry 8:00am-11:30 PM Salvation Army 1:00-4:00PM CMU Student Food Pantry 2pm-5pm	12 Isabella County Soup Kitchen 8:30am - 1:00pm CMU Student Food Pantry Noon- 3pm Little downtown pantry at first united methodist Church 12pm-5pm	13 CCN Pantry 9am-12pm
14 Max & Emily's 11:00-2:00PM	15 Isabella County Soup Kitchen 8:30am - 1:00pm Salvation Army 1:00-4:00PM CMU Student Food Pantry Noon- 3pm <small>Little downtown pantry at first united methodist Church 12pm-5pm</small>	16 Isabella County Soup Kitchen 8:30am - 1:00pm Salvation Army 1:00-4:00PM CMU Student Food Pantry 4pm-7pm	17 CCN Infant Pantry 11:00 am-3:00pm	18 Isabella County Soup Kitchen 8:30am - 1:00pm CCOF Hours: 10:00- 1:00pm Salvation Army 1:00-4:00PM CMU Student Food Pantry 2pm-5pm	19 Isabella County Soup Kitchen 8:30am - 1:00pm CMU Student Food Pantry Noon- 3pm Little downtown pantry at first united methodist Church 12pm-5pm	20
21 Potter's House Pantry 3:00-5:00PM Max & Emily's 11:00-2:00PM	22 Isabella County Soup Kitchen 8:30am - 1:00pm Salvation Army 1:00-4:00PM CMU Student Food Pantry Noon- 3pm <small>Little downtown pantry at first united methodist Church 12pm-5pm</small>	23 Isabella County Soup Kitchen 8:30am - 1:00pm Salvation Army 1:00-4:00PM CMU Student Food Pantry 4pm-7pm	24 CCN Infant Pantry 11:00 am-3:00pm	25 No Pantries Open	26 Isabella County Soup Kitchen 8:30am - 1:00pm CMU Student Food Pantry Noon- 3pm Little downtown pantry at first united methodist Church 12pm-5pm	27 CCN Pantry 9am-12pm
28 Max & Emily's 11:00-2:00PM	29 Isabella County Soup Kitchen 8:30am - 1:00pm Salvation Army 1:00-4:00PM CMU Student Food Pantry Noon- 3pm <small>Little downtown pantry at first united methodist Church 12pm-5pm</small>	30 Isabella County Soup Kitchen 8:30am - 1:00pm Salvation Army 1:00-4:00PM CMU Student Food Pantry 4pm-7pm	31 CCN Infant Pantry 11:00 am- 3:00pm			

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 December*)

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

Huntington's Support Group

Tuesday, December 9

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

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. When in session, the group meets every Wednesday 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.

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, December 17 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

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.

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

In Memory Of

Lynn Marguetitte Baird
Faye Thering

Esther Baldwin
Randy & Carol Baldwin

Jim Bauer 
Nancy Bauer

Dwight R. Carpenter 
Martha Carpenter

Nancy Fulton
Gladys Shanteau

John J. Hovey 
Beth Hovey

Ted & Ginger Kjoleda
Walter Schneider

Katy Kulick
Alisa Ellertson

Judy Layfield
Mary Pickelman

George W. McClain Jr.
Melanie Allen
Mrs. Joyce McClain
Kerry McClain
Beth Ann Nesbitt

Tom McDonald
Tom & Mary Lynn Bott

Carol Morey
Charles & Carole Keene

Jim Morford
Delores Morford

Dean & Evalyn Muterspaugh
Ellen Peterson

Donald Netzel
Bernadette Sunderman

Joseph Pepper
Norene Pepper & Family

Bernard & Marge Rau
Fred & Flo Steffke

Shirley Reed
Patricia "Patty" Reed

Betty Schafer
Marty Siuda
Between The Covers Book Club

Harry Schafer 
Bernadette Sunderman

Elaine Thering
Faye Thering

Rita Vogel
Ruth Martin

Dennis White 
Nancy Bauer

Active Living
Derek Caldwell
Pegg Caldwell

Larry Cotter
Karolyn Cotter

Charles Dodge
Sharon Dodge

Bill Ervin
Bill & Karen Swetz

Ruth Fransted
Nancy O'Brien

Arthur Peterson
Bill & Karen Swetz

Cassandra Tucker
Nancy O'Brien

In Memory Of Continued

Food with Friends
Jessie Baderschneider
Dolores Cluley-Lockwood

Derek Caldwell
Jennifer Caldwell

Joyce Helen Haggart
Dolores Cluley-Lockwood

Gold Key Volunteer Program
Don Nagler
Anonymous

Nancy Nagler
Anonymous

Foster Grandparent Program
Herb Rice
Janet Rice

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Active LIVING Really Needs Your Support

Thank you to everyone who donates to Active LIVING. As of November 8, we have received \$15,962.50. We are still a long way from our needed goal of \$28,000.00.

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:
Friends of Isabella Seniors
Mail to: Friends of Isabella Seniors
2200 S. Lincoln Rd.
Mt. Pleasant, MI 48858
Please designate my gift to:
☐ Active LIVING
☐ COA Activity Center
☐ Food With Friends
☐ Foster Grandparent / Senior Companion Program
☐ Gold Key Volunteer Program
☐ In Home Services
☐ Where most needed
Gift is:
☐ Memorial
☐ Honorarium
Name: _____
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☐ Keep Donation Anonymous.
Please send acknowledgment to:
Name: _____
Address: _____

Thank You for your Support

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District 6	Larry Fussman
District 7	John Zang
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At-Large	Jessica Lapp

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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 an extended vacation or are moving, please call our office (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 sixth day of the prior month. Please understand all articles submitted are subject to editing for content and space restrictions.

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
- 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 - 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 /
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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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2200 South Lincoln Road, Mount Pleasant, MI 48858

Friends of Isabella Seniors



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

Please make checks payable to:
Friends of Isabella Seniors

The **Friends of Isabella Seniors** organization is operated exclusively for charitable purposes, within the meaning of Section 501 (c)(3) of the Internal Revenue Code to encourage and assist with the provision of programs and services for older adults in Isabella County operated in cooperation with the Isabella County Commission on Aging.

Suggested contribution to Active LIVING: \$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.