

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



Scan below to donate
by credit card:



COA Director's Comments

Warm winter wishes to all of you as we enter into the month of February... the month where we recognize and show our love to our special Valentines and cheer on our favorite football team in the Super Bowl! Unfortunately, our Lions will not be making an appearance in it this year, but we can look forward to next year! It can happen! Later this month, our Tigers will be gathering in Lakeland, starting spring training. That is always so exciting – I am hopeful and thinking positive that 2026 will be their year! Go Tigers!

February can definitely tend to have more gray days than blue, so I encourage you to pause and reflect upon everything that brings love and joy to your life. While we all have dreary days where we might not be able to see through the glum, especially this time of year, it is important to recognize those gems in our life... people, hobbies, pets, special places, beloved memories, chocolate (it is the month of Valentine's Day after all), etc.

The temperatures can be frigid right now, and we want to be sure that all of our older adults throughout Isabella County are able to stay warm. If you, or someone you know, is in need, please do not hesitate to reach out to one of our social workers, who are so knowledgeable in available resources, not only within our programs and funds, but also throughout the community. There is help available!

With the winter weather upon us, we hope to be the warm place that you look forward to visiting for coffee or a great lunch. There are so many different types of activities to take part in as well, such as playing cards, billiards, chess, line dancing, music/jam sessions, sewing/quilting, and participating in a variety of fitness classes for starters. Be sure to look at all of the wonderful activities that will be taking place this month – you can find them advertised throughout this paper. We would love for you to join in on the fun and enjoy your facility here at the Isabella County Commission on Aging!



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

COA Caregiver Support Corner

By Brandise Leonard, Caregiver Support Specialist/Trainer at Isabella County Commission on Aging
bleonard@isabellacounty.org (989) 772-0478

Caregiver Support Group - February 17th 1:00-2:30pm at the COA building. 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 register your loved one with Rick Bole, owner of Asona at (989)-621-3159 or (989) 546-4269. Asona is a local home health care company. Asona has graciously offered to provide free care at COA during the support group. COA will provide fun, entertaining activities and water.

Caregiver Corner: Love Is Still the Language They Remember

February often brings hearts, flowers, and reminders of love but in caregiving, love looks a little different. It shows up quietly, consistently, and sometimes invisibly. For older adults, especially those facing illness, memory loss, or isolation, love is less about grand gestures and more about presence.

Caregivers express love every day through small but meaningful acts: preparing a favorite meal, listening to the same story for the third time, offering reassurance during moments of confusion, or simply sitting together in silence. These moments may feel ordinary, but to someone who depends on care, they are everything. As people age, many experience losses of independence, loved ones, routines, or health. These losses can bring loneliness, anxiety, or fear. Love in caregiving means meeting those emotions with patience and dignity. A gentle tone, a respectful choice, or an unhurried moment can restore a sense of safety and worth. Love also includes connection. Simple gestures like holding a hand, writing a note, sharing photos, or reminiscing about meaningful memories can spark joy and comfort, even when words fail. For those with memory challenges, emotions often outlast facts, how someone makes them feel can remain long after details fade. Equally important is remembering that caregivers deserve love and compassion too. Caregiving can be emotionally and physically demanding, especially when done quietly or without recognition. Taking time for self-care, asking for help, and acknowledging your own efforts is not selfish, it is necessary. A cared-for caregiver is better able to offer genuine care. This February, let's broaden the definition of love. In caregiving, love is not measured by cards or chocolates, but by consistency, kindness, and showing up day after day. It is the steady reassurance that says, you matter. You are not alone. That kind of love never goes out of season.

Mission Moments

Volunteering is truly a WIN-WIN-WIN.

1. Clients: The person you are helping will accomplish their goal, gain a friend, be able to stay in their home longer, and so much more! Whether you are directing phone calls, visiting a client, or delivering meals, every client gets a win!
2. You: Volunteering leads to a healthier life for you! Mentally, physically, socially: Feel fulfilled, ease loneliness, get exercise, fight depression, and lower mortality rates. All of this and more is a win for YOU!
3. Our Community: The Commission on Aging programs and services reach many more people, spreading every dollar invested in the COA further than our staff can alone. Our volunteers stretch the investments to make sure Isabella County older adults receive quality services, which is a win for everyone!

We have so many ways to give back at the Commission on Aging. You are bound to find a program that would fit your skills and what you can give! Below is our fiscal year 2025 program report. The volunteers help us do so much for people throughout Isabella County & beyond!

Fiscal Year 2025 Volunteer Service Report

October 1, 2024 — September 30, 2025

274 dedicated Gold Key Individuals, various community members, and **31** Student, Organization and Group Volunteers provided **33,096.5** hours of service & drove **93,317** miles.

Estimated Value of Volunteer Time as of 2024 as determined in the State of Michigan is **\$32.87** per hour, saving Isabella County residents **\$1,087,881.96**.

- **AARP Tax Aides** served **3,025.25** hours to assist **803** clients with their tax returns.
- **Home Delivered Meal Drivers** delivered **47,911** meals to **459** clients and drove **75,155** miles for **4,364.5** hours.
- **Kitchen Assistants** served **1,534** hours preparing and packing Home Delivered Meals and serving participants on the food line.
- **Meal Site Assistants** served **752.75** hours to five Food with Friends meal sites.
- **Medicare Part D Counselors** provided **375.75** hours of service to **417** area residents, a total savings of over **\$235,731**.
- **Needle Crafters** served **15,688.5** hours while donating more than **1,326** handmade items to several local organizations and **1,282** pillows to hospitals.
- **Receptionists** served **3,922.75** hours answering incoming calls and assisting clients at the Commission on Aging front desk.
- **Transportation Program** transported **73** clients to **504** medical appointments, treatments, and grocery shopping for a total of **17,423** miles driven in **945.25** hours.
- Additional Activities, Events, Fundraisers, and Special Projects volunteers traveled **739** miles and volunteered **2,487.75** hours with **Active Living, Activities Support/Instructor** (Water Aerobics & Fitness Instructor, Music, Line Dancing); **Board of Directors & Advisory Boards** (Friends of Isabella Seniors Board of Directors, Commission on Aging Advisory Board); **College Students/Internship, Distribution Drivers** (Active Living Newspaper & Needle Crafters); **Events/Fundraisers** (Raking Leaves, Have-a-Heart, Annual Golf Outing); **Friendly Visitors; Groups/Organization; Helping Hands; Office Assistance; and Training Events.**

Kelly Lee, Gold Key Volunteer Program Manager



Events & Classes at COA

Computer/Tech Class at COA

Tuesday, February 3 and 17 from 2 - 3 p.m.

The Veterans Memorial Library IT Department will be at COA on the **first and third 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

Coffee Hour with An Attorney

This group will meet on the 4th Wednesday of ALTERNATE months. **March 25th from 10:30-11:30 a.m.** 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.**



Coffee & Conversation

Join old friends and make new friends every Monday, Thursday and Friday at 10:00 a.m. in COA Room C. Enjoy some coffee and great conversations!

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.

Birthday Celebration

Join us on Thursday, February 26 at 12:15 p.m. in Room C to celebrate those with birthdays in February!

Ice Cream Social

Join us on Wednesday, February 18 at 12:15 p.m. in Room C for Root Beer Floats

Anyone Can Paint

Next class: Wednesday, April 1

Connecting With Cards

Tuesday, February 24th from 2:00-4:00p.m.

Sign-ups begin on February 1 for this class.

Send someone some love by making 4 greeting cards. Class is for beginners. All supplies are provided, but you may bring your own tape runner or adhesive if you prefer. Limit of 10 participants. Call **989-772-0748** to sign up for this FREE class. Please call if you need to cancel so we can open your spot to others.

FREE Movie and Popcorn

"Reagan"

2hr 21 min PG-13

A drama based on the life of Ronald Reagan, from his childhood to his time in the oval office.

Friday, January 30 at 1:00 p.m. in COA Room C.

"Mission Impossible: The Final Reckoning"

2hr 50 min PG-13

Hunt and the IMF pursue a dangerous AI called the Entity that's infiltrated global intelligence. With governments and a figure from his past in pursuit, Hunt races to stop it from forever changing the world.

Friday, February 27 at 1:00 p.m. in COA Room C.

Call Rhonda to make your reservation

CMU Physical Therapy Program Presents

MOVE FOR HEALTH!

For people with Parkinson's Disease, MS, or anyone who wants to improve their daily activities.



Join us for group and one-on-one exercise sessions led by second year CMU Doctor of Physical Therapy students under team of licensed PT supervision.

- REASONS TO JOIN:**
- Improve mobility and independence
 - Reduce risk of falls and build confidence with movement
 - Activities are designed by student PTs using the latest research in neurorehabilitation and Physical Therapy



WEDNESDAYS

4:00 - 5:00 PM

**JANUARY 21- APRIL 29TH
ISABELLA COMMISSION ON
AGING**

2200 S LINCOLN RD
MOUNT PLEASANT, MI 48858



FOR MORE INFORMATION CONTACT

OUR EMAIL

MoveForHealth@cmich.edu

CALL OUR PHONE

Frances Wenzel, DPT
989-774-2941

Registration is required to attend.
Please contact Dr. Wenzel, DPT or our email to register.



THE HERBERT H. &
GRACE A. DOW COLLEGE OF
**HEALTH
PROFESSIONS**
CENTRAL MICHIGAN UNIVERSITY

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.

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.

Simple Tai Chi for Health

New class beginning February 18th

Wednesday 2:00-3:00 p.m. in Fitness Room.

A once-a-week class featuring basic Tai Chi movements you can easily learn and do at home, even in small spaces.

New class. No experience needed.

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

We have had an influx in new Tai Chi participants; we ask that you pick one level of Tai Chi practice to attend! Thank you!

Gentle Exercise

Monday, Wednesday & Friday 10:45-11:30 a.m. in Fitness Room. No class Monday, February 16

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.

Yoga

Tuesdays 3:30 - 4:30 p.m. in Fitness Room.

Instructor: Catherine Tobin

Hula Class

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

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

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 Monday, February 16

Water Aerobics

Mon., Wed., Thurs.

9:05-10:05 a.m.

Instructor: Mary Alsager

Aqua Zumba

Tuesday & 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.**

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.

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

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

Video Exercise Group

Monday, Wednesday & Friday at 9:00 a.m. in Fitness Rm

No class Monday, February 16

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

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



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 Lindsey Harrell from the Chippewa Nature Center to discuss "Mammals in Winter", February 11th, 7 PM at Veterans Memorial library. Adaptations to survive seasonal weather with help of trail cameras will be presented to discuss some of the elusive animals.

Isabella County Historical Society

First Tuesday of the month at the Isabella County Commission on Aging at 7:00 p.m. in the Craft Room. Programs are free and open to the public.

Join us February 3, 2026 for "Fires, Floods and Fraud in the 1980's: News Stories from the Morning Sun Part 3 by Patty Strong (former Morning Sun staff writer).

Mark your calendars now for Isabella County History Day Saturday, April 25th at the Commission on Aging.

Free Tax Preparation Available

The Isabella County Commission on Aging is again working with the AARP Foundation Tax-Aide program to assist area citizens by providing free income tax preparation with free e-filing. This service is provided to low- and middle-income taxpayers with emphasis on seniors.

Tax preparation volunteers at these tax clinics are required to pass an IRS test before they can prepare returns. The tax preparers will be handling Federal and Michigan tax returns that are within the scope of their training which includes Homestead Property Tax and Home Heating credits as well as most Federal and State 1040 returns. Individuals who are self-employed (business owners), have rental property, large numbers of stock transactions or have sold property (other than their main home) should consult a paid professional tax preparer.

AARP Tax Aide Foundation is also offering a Virtual Tax Preparation free service. The taxpayer will prepare their own return with assistance from a certified AARP tax volunteer using reputable online service. A computer with internet access, an email address and a printer are required for this service. Go to Taxaide.aarp.org if interested in this service to request an appointment.

Free tax preparation at the Isabella County sites is BY APPOINTMENT ONLY. The Commission on Aging will be taking appointments for the following sites:

Call 989-772-0748 to schedule

Commission on Aging - Activity Center

Most Wednesdays & Thursdays, February 4 thru April 9 from 9:30 a.m. - 3:00 p.m. Call to check the schedule.

Weidman Food with Friends Site / Weidman Library


February 3, March 3, & March 17

Coe Township Library, Shepherd

February 3 & March 10

12:30 p.m. - 4:00 p.m.

Taxpayers MUST bring Picture ID, Social Security cards (NOT Medicare cards) and a paper listing bank routing number and bank account number if direct deposit is desired.



SUPERBOWL PARTY

JOIN US!

Friday, February 6
11:00am
Room C

TAILGATE SNACKS

Come enjoy tailgate snacks and great company!



Join us for Valentine's Day Goodies!

Friday, February 13th
11:00am
Room C

Valentine's Day

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

Serving: Clare, Gratiot & Isabella Counties

Monday**Tuesday****Wednesday**

9:00 Video Exercise Group 10:00 Dulcimer Group 10:00 Coffee and Conversation 10:00 Quilts of Valor 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 6:00 Mountain Town Family Chorus	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 3:30 Yoga 5:00 Board of Commissioners Meeting 7:00 Isabella County Historical Society	9:00 Video Exercise Group 10:00 Line Dancing 10:00 Chess Club 10:45 Gentle Exercise 11:30 Trivia/Word Search 12:00 COA Advisory Board Meeting 12:30 CMU Otaga 1:00 Cards 1:00 Happy Rippers 4:00 CMU DPT MOVE For Health
9:00 Video Exercise Group 10:00 Dulcimer Group 10:00 Coffee and Conversation 10:00 Quilts of Valor 10:45 Gentle Exercise 11:30 Trivia/Word Search 1:00 Faith Weavers 1:00 Cards 1:00 Mahjongg 6:00 Mountain Town Family Chorus 6:00 Orchard Glen Homeowners Board Mtg	9:30 Basic Line Dancing Instruction 10:00 Line Dancing 10:00 Commission Committee Meeting 10:00 Needlecrafters 10:00 Beg Tai Chi 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 1:00 Cards 2:00 Huntington's Support Group 3:30 Yoga 4:00 League of Women Voters 5:00 PEO 7:00 Mid Mich Woodcrafters	8:30 Heartland Basket Weavers 9:00 Video Exercise Group 10:00 Line Dancing 10:00 Chess Club 10:45 Gentle Exercise 11:30 Trivia/Word Search 12:30 CMU Otaga 1:00 Between the Covers Book Club 1:00 Cards 1:00 Happy Rippers 4:00 CMU DPT MOVE For Health
<div style="text-align: center;"> <p>Closed</p>  <p>PRESIDENT'S — DAY —</p> </div>	8:30 FOIS Meeting 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 Caregiver Support Group 1:00 Cards 2:00 Computer/Tech Class 3:30 Yoga	9:00 Video Exercise Group 10:00 Line Dancing 10:00 Chess Club 10:00 Second Sight Artist 10:45 Gentle Exercise 11:30 Trivia/Word Search 12:15 Root beer Floats 12:30 CMU Otaga 1:00 Cards 1:00 Secondhand Book Club 1:00 Happy Rippers 2:00 Simple Tai Chi 4:00 CMU DPT MOVE For Health 5:00 Parkinson's Support Group
9:00 Video Exercise Group 9:00 Gerolyn's Sewing Group 9:00 FGSPCP Orientation 10:00 Dulcimer Group 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:30 Trivia/Word Search 1:00 Cards 1:00 Mahjongg 6:00 Mountain Town Family Chorus	9:00 FGSPCP Orientation 9:30 Basic Line Dancing Instruction 10:00 Line Dancing 10:00 Commission Committee Meeting 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 1:00 Cards 2:00 Connecting with Cards 3:30 Yoga	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 12:30 CMU Otaga 1:00 Cards 2:00 Simple Tai Chi 4:00 CMU DPT MOVE For Health 7:00 Nancy Carey Cancer Support Group



FEBRUARY



Thursday

Friday

Saturday

<p>5</p> <p>8:30 CMU Otaga 10:00 Coffee and Conversation 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 1:00 Cards 3:00 Hula 6:30 Isabella County Democratic Party</p>	<p>6</p> <p>9:00 Collaborative Meeting 9:00 Gerolyn's Sewing Group 9:00 Video Exercise Group 9:30 Jam Session 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:00 Superbowl Party 11:30 Trivia/Word Search 1:00 Ukulele Group 1:00 Bingo 2:00 Cards</p>	<p>7</p> <p>8:00 Lion's Club</p> <p><i>Superbowl Sunday Sunday, February 8th</i> </p>
<p>12</p> <p>8:30 CMU Otaga 10:00 Coffee and Conversation 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 1:00 Cards 3:00 Hula 6:30 Community Cancer Service</p>	<p>13</p> <p>8:00 Happy Rippers 9:00 Video Exercise Group 9:30 Jam Session 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:00 Valentine's Goodies 11:30 Trivia/Word Search 1:00 Cards 1:00 Ukulele Group</p>	<p>Saturday & Sunday 14</p> <p>9:00 Happy Rippers</p> <p></p>
<p>19</p> <p>8:30 CMU Otaga 10:00 Coffee and Conversation 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 12:00 Stitchin Gals 1:00 Cards 3:00 Hula</p>	<p>20</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 Ukulele Group 1:00 Sacred Heart Book Club 1:00 Bingo 2:00 Cards</p>	<p>21</p> <p>8:00 Mid-Michigan Quilt Guild 9:00 Charlene's Quilting Group</p>
<p>26</p> <p>8:30 CMU Otaga 10:00 Coffee and Conversation 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 12:15 February Birthday Celebration 1:00 Cards 3:00 Hula</p>	<p>27</p> <p>9:00 Video Exercise Group 9:00 FGPSCP Orientation 9:30 Jam Session 10:00 Coffee and Conversation 10:30 Music with Barb & Greg 10:45 Gentle Exercise 11:30 Trivia/Word Search 1:00 Ukulele Group 1:00 Movie & Popcorn: "Mission Impossible: The Final Reckoning"</p>	<p>28</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.

February

2026

Monday	Tuesday	Wednesday	Thursday	Friday
Milk Provided with each meal	Suggested Donation Congregate \$3.00 Home Delivered \$3.50		<i>happy Valentine's day</i>	
2 Sweet & Sour Chicken Brown Rice / Bread Broccoli Fruit Cocktail / Pudding	3 Turkey Cranberry Sandwich Yogurt Carrots Apple Crisp	4 Beef Stew Biscuit Succotash Pears	5 Spanish Chicken Au Gratin Potatoes Peas Peaches & Pears / Juice	6 Italian Herb Chicken Dinner Roll / Company Potato Key West Veg Blend Tropical Fruit
9 Roast Pork Bread/Scalloped Potatoes Michigan Fruit Cup Italian Blend / Cookie	10 Sloppy Joe Bun California Blend / Yogurt Pineapple & Oranges	11 Macaroni & Cheese Bread Broccoli Apricots	12 Egg & Cheese Casserole English Muffin/Redskin Potatoes Sausage Links Apple	13 Chili Baked Potato / Corn Saltine crackers / Strawberries
16 	17 Smothered Chicken Dinner Roll/ Whipped Potatoes Peas & Carrots / Mixed Fruit Mixed Fruit	18 Pulled Pork Bun Coleslaw / Parslied Potatoes Berry Fruit Cup	19 Chicken Burrito Bowl Bread Yogurt Banana/Cookie	20 Sliced Turkey Whipped Potatoes / Gravy Spinach Mandarin Oranges / Cookie
23 Chinese Pepper Steak Rice / Bread Mixed Vegetables Peaches/Juice	24 Lemon Baked Chicken Bread / Squash Brussels Sprouts Cherry Crisp	25 Italian Meatloaf Bread / Company Potatoes Green Beans Mandarin Oranges	26 Breaded Cod Dinner Roll Oven Roasted Potatoes Pears / Yogurt	27 Chicken Stew / Biscuit Carrots Citrus Fruit Cup Pudding

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

Wow, Winter came in like a lion! Hopefully it goes out like a lamb and now tax season has started. The Commission on Aging has great volunteers who are trained to help you with your tax returns. Appointments are needed for this service. Call the COA at (989) 772-0748 to get your appointment scheduled! This has been a wonderful service that is provided for our community.

Line Dancing is offered every Tues and Wed from 10-11:30

February Calendar

2/6 & 2/20 Bingo 1:00 pm

2/13 Valentine's Day Goodies 11:00 Wear Red!

2/16 Closed for President's Day

2/18 Root Beer Floats 12:15

2/26 February Birthday Celebration 12:15

2/27 Music with Barb & Greg! 10:30 – 11:30

Movie: "Mission Impossible: The Final Reckoning"

Food With Friends Punch Cards

\$15.00 for 5 meals

\$30.00 for 11 meals

The punch cards can be purchased at COA

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/cancellations on the following TV stations: **ABC 12, NBC 25, CBS WNEM TV5** so please make sure to check there for confirmation.

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 delivery, please call our office at **(989) 772-0748**

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

Hello to February! February is short and sweet! Join us for crafts, music, laughter and I can guarantee it all will be sweet!

Winn February Calendar

- 2 Decorate Valentine's Tree, Craft: Yarn Hearts
- 4 Music: Midnight Express, Nutrition Education
- 6 Craft Day: Table Decorations: Hearts
- 9 Craft: Wall Mobile
- 11 Music: Barb and Greg
- 13 Craft: Angel with Heart
- 16 Closed for President's Day
- 18 Music: Kevin Bendele, story telling
- 20 Craft: Wooded Hearts
- 23 St. Patrick Popsicle Men
- 25 Music: To Be Determined
- 27 St. Patrick Craft

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

In February, Team Rosebush will compete in our version of the 2026 Winter Olympics! We would love to have you join our team! Skill is not needed but come prepared to laugh a lot. Hope to see you soon!

Rosebush February Calendar

- 2 Manicures/Nutrition Ed
- 4 Craft/Valentine Cards
- 6 Winter Olympics/Hockey Trials
- 9 Winter Olympics/Curling Trials
- 11 Music/Marty Miller
- 13 Valentine's Day Party Music/Mark & Scott
- 16 Closed for Presidents' Day
- 18 Music/Mark DeNoyelles
- 20 Winter Olympic Finals/Awards & Closing Ceremonies/Ice Cream Social
- 23 Brian/Sing-A-Long
- 25 Music/Kevin Bendele
- 27 Bingo/Prizes

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

February always seems to give more joy than other months. It might be because it's the month of love. Come out to Shepherd and spread some Joy during this cold month! Wear your red, white and pink for the whole month! We hope you can join us.

Shepherd February Calendar

- 3 11am- Exercise, Nutrition Education and Games
- 4 12:15pm-Music w/ Steve & Becky, Feb Birthday Celebration
- 6 12:30pm Valentines Bingo, Send a Card to a Friend Day
- 9 11am Exercise 12:15pm Guest Speaker Disability Network
- 11 11am- Movie: "The Little Rascals"
- 13 12pm Valentine's Party-wear your Red, Pink and Whie!
- 16 Closed for President's Day
- 18 11am games 12:15pm Guest speaker Region 7 Area Agency
- 20 12:30pm Bingo
- 23 11am Otago exercise 11:30am Music w/ AL Bartholomew
- 25 11am Wii bowling and games
- 27 National Polar Bear Day 11am- Disney Polar Bear Movie

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

February is a month to get moving! Come join us for exercise class at 10:00 a.m., then join us for lunch. We have great conversations and a lot of laughs. If you have a birthday in February, join us for cake and ice cream! Hope to see you soon!

Weidman February Calendar

- 2 Cards and Dice
- 4 Coffee Conversation and Cookies
- 6 Greg Merwin
- 9 Nutrition Education
- 11 Games-Yahtzee/Chinese Checkers
- 13 Cards and Dice
- 16 Closed for President's Day
- 18 Movie with Snacks
- 20 Cards and Dice
- 23 February Birthday Celebration
- 25 Coffee and Conversation with Muffins
- 27 Cards and Dice

Isabella County Parks Online Reservations

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. To access the online reservation portal, visit the County Parks website at 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.

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.

Weidman Friend of the Month

By: Volunteer, Sue Preuss

The friends of the Weidman Senior Activity Center would like to remind everyone that even though the calendar says it's winter, the temperatures are cold and there is occasional inclement weather, the fun, food and friendship continues. There's the sit and get fit exercise group from 10-11am, along with others who are enjoying a jigsaw puzzle or games until the meal is served at noon. After lunch activities, entertainment or just plain conversation and socializing continue. So, maybe it's cold outside, but the warmth and fun continue at the center. We hope you will consider joining us and having a break from the winter doldrums. The coffee is on, and the comradery is included. Also, if anyone has a skill or talent to share, please come see us. New games, informational seminars, and talents are always encouraged and welcomed. The food with friends' program is by pre-order, so if you're coming to share a meal with the group, simply call Sandy Hunter, the site facilitator at (989) 644-2538 the day before and let her know. We look forward to having you join us soon.

Community Compassion Network FOOD PANTRY

Located at the Strickler Center - 1114 W High St, Mt Pleasant

Call 989-863-4449, Option 3 to schedule an appointment
Appointments required, no walk-ins

Wednesday, February 4	2 p.m. – 6 p.m.
Thursday, February 5	9 a.m. - 1 p.m.
Saturday, February 7	9 a.m. – 12 noon
Wednesday, February 11	2 p.m. - 6 p.m.
Thursday, February 12	9 a.m. – 1 p.m.
Wednesday, February 18	2 p.m. - 6 p.m.
Thursday, February 19	9 a.m. - 1 p.m.
Saturday, February 21	9 a.m. - 12 noon
Wednesday, February 25	2 p.m. - 6 p.m.
Thursday, February 26	9 a.m. – 1 p.m.

MUST LIVE IN ISABELLA COUNTY ZIP CODES WE SERVE:

**48617, 48618, 48622, 48632, 48858, 48859, 48878, 48883,
48893, 48896, 49305, 49310, 49340**

We're Seeking Volunteers! Sign up at CCNFEEDS.ORG

Welcome CMU Intern Braeden

Hello, my name is Braeden and I am currently a student intern here at the Commission on Aging. I am in my last semester at Central Michigan University, and this internship is a big part of the last requirements for my degree. I have spent the majority of my time in school playing football and attending classes as there is not much time for other things as a student athlete. I feel like being a student athlete has allowed me to gain a lot of knowledge and insight into what balancing my time and energy will be like once I get into the work force, but there is nothing better than the real thing! I am excited to do my internship here because this will give me a new and hands on experience with my major which is sociology, because most of the time we are just learning things in the classroom. Outside of school and sports, I enjoy working out, listening to music, and playing video games when I have the time.



Nancy Carey Cancer Support Group

Our regular monthly meetings are always on the last Wednesday of the month in the Craft Room at the Commission on Aging. You are invited to come to our next meetings on **Wednesday, February 25th and March 25th at 7 p.m.**

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 or 989-513-7827

Huntington's Support Group

Tuesday, February 10

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

Parkinson's Support Group

New meeting day starting in January

Meets 3rd Wednesday of each month.

February 18 from 5:00-6:00 p.m. at COA 2200 S. Lincoln Rd., Facilitator: Jill Sponseller, MA, CCC-SLP, Director of Rehabilitation, Speech-Language Pathologist, McLaren Central Michigan. Phone: 989-779-5604 or email: jill.sponseller@mclaren.org.

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 will meet on Wednesday mornings from 9:30-11:30 a.m. at McLaren Central Michigan: 1221 South Dr. Mt Pleasant, MI 48858. The next eight-week session will run from Wednesday, March 4th through Wednesday, April 22nd.**

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, February 18 from 7-10am. Cost \$25 payable the day of the screening. No appointment is necessary.**

McLaren Central Michigan, East Entrance, 1221 South Drive.

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



Active Living Donors

John & Judy Anderson	Bonnie E. Levitan
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Carla K. Baumann	Bruce LaPointe & Beth Miller
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Bob & Nancy Enders	Sandra Wolfe
Terry Kunst	Mary Young
Penny Leathley	Nancy Carey Cancer Support Group

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In Memory of for Food with Friends

Bill Epple
Dolores Lockwood

In Memory of for Home Delivered Meals

Georgian Perry
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Raymond Recker
The Officers & Associates of Auto Owners Insurance Comp

Thank you for all
your generous
donations!

Active LIVING Really Needs Your Support

Thank you to everyone who donates to Active LIVING. We begin the year 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

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Name:

☐ Veteran

☐ Keep Donation Anonymous.

Please send acknowledgment to:

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Address:

Thank You for your Support

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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 /
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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2200 South Lincoln Road, Mount Pleasant, MI 48858

Friends of Isabella Seniors



PAID

Permit No. 52
Mt. Pleasant, MI 48858

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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.

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Mt. Pleasant, MI 48858

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