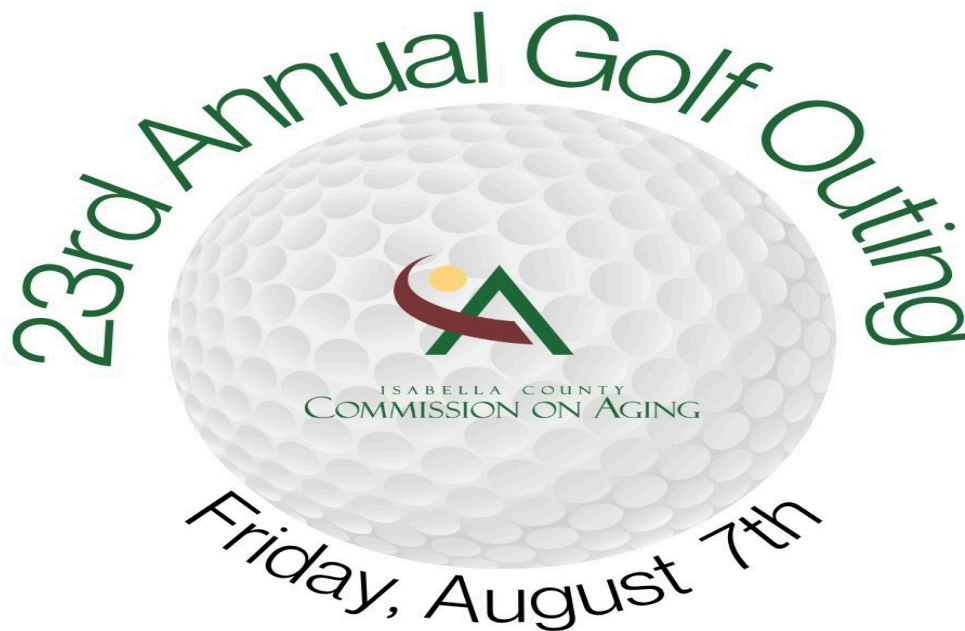


Active LIVING

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



Organized by:



- ✓ 18 holes of golf with cart
- ✓ Cash prizes for flights
- ✓ Hot dog lunch & buffet after golf
- ✓ Golfer gifts
- ✓ Contest Holes & Raffle prizes

Pleasant Hills Golf Course

4452 E Millbrook Rd, Mount Pleasant, MI 48858



| |
|---|
| <p>8:00AM Check-In 9:00AM Shotgun Start- Scramble</p> |
|---|

\$300 total, \$75 per person
DUE July 24th

SCAN CODE, CLICK LINK
OR EMAIL KELLY
TO REGISTER:



<https://forms.gle/QbYUoKPyNmg7sfu37>

Supporting Isabella County Commission on Aging

Our mission is to promote health, independence, and fulfillment of Older Adults through the coordination and provision of diverse services and opportunities

For more information, please call **Commission on Aging** 989.772.0748

Registration: Kelly Lee | klee@isabellacounty.org

Sponsorship: Marcy Huntoon | mjerome@isabellacounty.org

COA Director's Comments

Are we ever excited to kick off the summer here at the COA! If you have never been, or it has been a while, we would love for you to visit us and enjoy the beauty that surrounds our amazing facility! In addition to our great walking path, our outdoor recreation area is open and ready for you, including the pavilion with seating, and the shuffleboard and pickleball courts! It is truly spectacular out here!

Father's Day takes place on Sunday, June 21st, and I am looking forward to celebrating all of the wonderful dads in our lives.

"Some people don't believe in heroes, but they haven't met my dad!" I stumbled upon that quote and knew right away that I needed to borrow it. I couldn't have said it better myself, and I know that my sisters feel the same... as do our kids about their grandpa. We are so beyond Blessed to be able to call our dad, Dad! He has provided the best example for all of us about how to serve others and our community, and he loves and supports us in everything we do – for all of that, I will forever be thankful.

24 years ago, my husband and I became parents. It has been so wonderful watching him grow as a dad, and seeing the "adult" relationships that are forming between him and our boys now is just awesome. It has been an incredible journey, and we are still learning and growing as each year passes but truly loving every minute of it.

Along with my dad and hubby, I am so fortunate to have a wonderful father-in-law who loves and supports all of the family in everything we do. We are all so fortunate to have such strong, loving dads who we look up to and admire.

In recognition of Father's Day, please take some time to reach out, recognize, and show appreciation and love for the special dads in your life. To all of you dads reading this, I salute you!



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

Mission Moments

As the flowers begin to bloom and the sun starts to shine bright upon us, we are reminded of the month that is amongst us. As we rush through our days, whether it be at work, school, practice or board meetings, let us find the time to slow down, & reminisce about all those that defined who we are today. Mother's Day is the time we set aside to celebrate the women in our lives who have helped to nurture, guide and provide unconditional love. Whether it be mothers, grandmothers, sisters, aunties, fur-moms, bonus moms, adopted moms and those with wings, whom we still hold dear; let us show our appreciation in countless ways.

Be gentle with ourselves as well as others. For the times we couldn't be there, for the things we wish we would have done and for the things that may have been left unsaid. As time continues to pass us by, take time to live in the moment, remember the good times and work on being the best version of ourselves, as we all know our moms will continue to be proud. That's unconditional love.

We have so much to look forward to and to be thankful for. As Program Manager with the In-Home Services team, I would like to take time to thank all of those who have continued to make a difference in the lives of those in our community. Because of their dedication and willingness to serve, our world is a better place.

In the month of April our team:

- Took 193 Scheduling Calls. Placing clients into homemaking, personal care & respite care schedules and making changes as needed.
- Took 165 New Intake and General Question Calls including emergency unmet needs for clients who are not currently open to services & needing assistance.
- Our Case Managers conducted 73 home visits to check on the well being of clients and to update emergency care plans for those receiving services.
- Took 38 Insurance calls for those looking for more information on Medicare/Medicaid.
- Provided over 415 hours of Homemaking services to allow a safe & clean environment for those without available assistance.
- Provided 358 hours of Personal Care assistance, to help individuals get in/out of the shower safely and with personal hygiene, to reduce the risk of falls.
- Provided 163 hours of Respite Care to allow caregivers time away to run errands, schedule appointments, or have personal time; while allowing an aide to provide care for their loved one.

Please let this be your reminder that you are never alone and that there may be help available through your local Commission on Aging. For our mothers, fathers, sisters, brother's, aunts and uncles, it often takes a village. The first step is always reaching out to inquire about what help is available for you, or your loved one. To allow others to assist with things that we may no longer be able to do on our own.

Continued on next page..

Mission Moments Continued

Please remember that help is here when you need it, you just need to know who to ask. Here at the Commission on Aging we have Case Managers that can help people to live independently in their own homes and they are just a phone call away. We have volunteers to meet and talk with you if you're lonely and activities to help fill your day. For more information on any of these things, please feel free to call the Isabella County Commission on Aging at (989)772-0748.



*Jenn Martin, In-Home
Services Manager*

COA Caregiver Support Corner

By Brandise Leonard, Caregiver Support Specialist/Trainer
bleonard@isabellacounty.org (989)772-0748

Caregiver Support Group - June 15th 1:00-2:30pm. All caregivers are welcome; please come as you are. If you would like to attend the support group but need care for your loved one, 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.

Honoring Dad: Navigating the Shift from Provider to Care Receiver

Father's Day is often a time to celebrate the men who built, protected, and provided for their families. For many caregivers, it can also be a deeply emotional reminder of how roles have changed. Caring for an aging father brings a unique set of challenges, especially when the man who once prided himself on strength and independence now needs support.

Many men, particularly from older generations, were raised with the belief that their value came from being providers. They worked hard, solved problems, and rarely asked for help. Strength was often defined by self-reliance, not vulnerability. As a result, when aging, illness, or physical limitations begin to interfere with that identity, it can be difficult for them to accept care—even from the people they love most. This shift can create tension for both father and caregiver. You may notice resistance to help, frustration over small tasks, or even withdrawal. What may look like stubbornness is often something deeper: grief, loss of control, or fear of becoming a burden.

Caregiver Support Corner Continued

Understanding the Emotional Landscape- It's important to recognize that your father isn't just adjusting to physical changes, he's navigating a profound emotional transition. Losing independence can feel like losing purpose. Simple acts like needing help with driving, finances, or daily routines may challenge his sense of dignity. Acknowledging these feelings without minimizing them can go a long way. Instead of correcting or pushing, try meeting him where he is emotionally. Statements like, "I know this isn't easy," or "You've always taken care of us let me support you now," can help preserve dignity while opening the door to care.

Balancing Respect with Safety- One of the most delicate parts of caregiving is balancing your father's autonomy with his safety. You may need to step in on issues like medication management, appointments, or driving-areas that can feel especially sensitive. Whenever possible, involve him in decisions rather than making changes for him. Offer choices instead of directives. For example, "Would you rather go to your appointment in the morning or afternoon?" maintains a sense of control. Small moments of choice can help restore confidence and reduce resistance.

Redefining Strength- This Father's Day, consider reframing what strength looks like. Strength isn't only about physical ability or independence—it can also mean adapting, trusting others, and allowing support. Accepting help is not a failure; it's a different kind of courage. As a caregiver, your role is not to take away his identity, but to help him carry it forward in a new way. Celebrate the wisdom, stories, and values he continues to offer. Invite him to share memories, teach skills, or simply spend time connecting; these moments reinforce that his role in the family still matters.

Caring for the Caregiver- Supporting a parent through this transition can be emotionally draining. It's okay to feel grief, frustration, or even guilt. You are not alone; many adult children are navigating similar paths. Make space for your own well-being. Lean on support systems, whether that's family, friends, or community resources. Taking care of yourself is not selfish, it allows you to show up with patience and compassion.

A New Kind of Father's Day- This June, Father's Day may look different. It may be quieter, slower, or more reflective. But it can also be deeply meaningful. It's an opportunity to honor not just who your father was, but who he is now and the relationship you continue to build together. In the end, caregiving is an extension of love. It's a way of saying, "You took care of me—now it's my turn."

Events & Classes at COA

Coffee Hour with An Attorney

This group will meet on the 4th Wednesday of ALTERNATE months. **May 27th and July 22nd 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.**

Computer/Tech Class at COA

Tuesday, June 2nd and June 16th from 2:00-3:00 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

Anyone Can Paint

"Mountain Glory"

Wednesday, June 3rd, from 4:00-6:00 p.m.

\$25 per person (supplies included)

Let award winning television artist Steve Wood help develop the "artist" in you to create "**Mountain Glory**". 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, June 1st. Checks made out to COA can be mailed to 2200 S. Lincoln Rd. Mt. Pleasant, 48858.**

Next class, Wednesday, July 1st

Connecting With Cards

Tuesday, June 30th from 2:00-4:00 p.m.

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.

Mahjongg

Join our Mahjongg group on **Mondays at 1:00 p.m.** and make new friends! Bring your 2026 card and Mahjongg set if you have them. Instruction is provided.

Root Beer Floats

Join us on **Wednesday, June 17th at 12:15 p.m.** in Room C

Birthday Celebration

Join us on **Thursday, June 25th at 12:15 p.m.** in Room C to celebrate those with birthdays in June!

FREE Movie and Popcorn

"The Alto Knights"

2 hrs R

In the 1950s, notorious New York crime bosses Frank Costello and Vito Genovese vie for control of the city streets. Once the best of friends, petty jealousies and a series of betrayals place them on a deadly collision course that reshapes organized crime forever.

Friday, June 26th at 1:00 p.m. in COA Room C.

Call Rhonda to make your reservation

COA Groups on Break until Fall

Dulcimer group is on break until Monday, September 14th

Jam Session group is on break until Friday, September 11th

Ukulele group is on break until Friday, September 11th

Brief Practices in Mindfulness

The goal of this workshop is to give participants a variety of mindfulness practices to use every day and establish an understanding of mindfulness. Experience several mindful practices – including mindful breathing, grounding, ways to quiet your mind, brief body scan, mindful walking and forest guided meditation and a seated meditation. We will finish the workshop helping you develop a plan for your own personal practice.

Wednesday, June 17th at 12:30 p.m.

Medicare Seminar

Join Andrea Sneller, State Health Insurance Assistance Program Coordinator with Region VII Area Agency on Aging, on **Wednesday, July 22nd from 12:00-2:00 p.m.** for a Medicare presentation on the State Health Insurance Assistance Program (SHIP). Attendees can learn the different parts of Medicare, as well as, when and how to enroll.

Isabella County Commission on Aging

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

Please call (989) 772-0748 to register.

Fit Feet Walking Club

Come join us for this FUN, ENERGETIC walking group! This group will help you improve not only your walking distance, but speed, agility, balance and confidence. We incorporate many different 'walking' activities to boost your confidence and energy! This is an outdoor walking class (unless it rains, but we will work indoors in those cases). This class is open to anyone; however, if you have significant balance issues, we ask that you bring someone along who can walk alongside you and assist. Taught by Doctor of Physical Therapy students and faculty from CMU.

Mondays 4-5pm June 29 - August 3

If you are interested in joining the group, please contact:

Marcy Huntoon (989) 772-0748 or mjerome@isabellacounty.org

FREE Fitness Classes

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

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

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

No class June 3 or 24

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 class June 2

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.

No class June 2

Some Tai Chi experience recommended.

Tai Chi in the Park

Friday 10:00 to 11:00 a.m. June 5, June 12, June 19, June 26

These are all at the Arts Pavilion on the west side of Island Park in Mt. Pleasant

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

Yoga ~ on hold

Gentle Exercise

Mon, Wed & Fri 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.

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.

To sign up: contact Marcy Huntoon (989) 772-0748 or mjerome@isabellacounty.org

Instructor: Judi Swartz

Aqua Classes: SAC Pool at CMU

*The pool will be closed for a large maintenance project
June 1 - September 7*

Water Aerobics

Mon., Wed., Thurs.

9:05-10:05a.m.

Instructor: Mary Alsager

Aqua Zumba

Tuesday & Friday

9:05-10:05 a.m.

*Instructor: Angela
McGuirk*

Video Exercise Group

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

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

Hula Class

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

Come learn the Hula as well as other Polynesian dances. All ages and levels of ability are welcome. Wear comfortable clothing (barefoot optional).

Instructor: Sue Courington

Line Dancing

Tuesday mornings 10:00-11:30 a.m. in Room C.

Wednesday mornings 9:30-10:30 a.m. in Room C.

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

CMU DPT 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 session led by second year CMU Doctor of Physical Therapy students under team of licensed PT supervision.

Thursdays 4:00-5:00 p.m. May 28th through June 25th

Wednesdays 4:00-5:00 p.m. July 1st through July 29th

To sign up call: Frances Wenzel, DPT (989)774-2941 or email: MoveForHealth@cmich.edu

Travel with COA

Dow Garden Trip

Thursday, July 9th

The motorcoach will depart COA at 9:10 a.m. We should arrive to Dow Garden about 10:00 a.m. We will start with a presentation about Dow Gardens and then enjoy a flower pressing craft. We will have lunch (sandwich, salad, chips, cookie and drink) from 12-1 After lunch, you will have free time to browse the gift shop, flower gardens, and/or visit the canopy walk. We will depart around 3:30 p.m. and should arrive back to COA around 4:15 p.m.

Price \$90 per person includes: Motorcoach transportation, admission to Dow Gardens, Dow Garden Presentation, flower pressing activity, lunch, and gratuities. Money and reservation due by Friday, June 12th. To make a reservation, please contact: Marcy Huntoon (989) 772-0748 or email at mjerome@isabellacounty.org

This trip may consist of a considerable amount of walking, please keep that in mind! Dow Gardens is 110 acres including an Estate, Garden and Forest. This is a primarily outdoor experience, please wear comfortable walking shoes and dress appropriately for the weather. Water bottles are encouraged. Wheelchairs are welcome, all main pathways, including the canopy walk, are ADA accessible.

Turkeyville Presents ~ Patsy Cline

Wednesday, September 23rd

Motorcoach will depart the COA at 9:30 a.m. Buffet style turkey dinner served at noon. The show will start at 2:00 p.m. We should arrive back to COA around 6:00 p.m

Price: \$95 per person includes motorcoach transportation, buffet style turkey dinner, show ticket, and all tips. Money and reservations due Friday, August 21. To make a reservation, please contact: Marcy Huntoon (989) 772-0748 or email at mjerome@isabellacounty.org

Experience this heartfelt and intimate portrayal of one of country music's greatest voices. This captivating retrospective traces Patsy's rise to stardom from small town Virginia to Carnegie Hall. Featuring her greatest hits, including "Walkin' After Midnight," "Crazy" and "I Fall To Pieces," this production will transport you back in time!

TRAVEL POLICY

For cancellations, payment is non-refundable, unless there is a waiting list. If a ticket has been purchased from a vendor, payment is not refundable. You will be notified at least one week prior to departure if trip is cancelled because of low numbers. A full refund will be honored should this occur. In the event of unforeseen circumstances, we reserve the right to cancel for safety reasons. We will do our best to reschedule should this occur.

Minors are welcome on certain trips but must be accompanied by an adult. Persons who need assistance are welcome; however, they must be accompanied by an adult who can assist them. Both parties must purchase a seat for trip.

Don't forget to Bring a Chair!

PICNIC

IN THE PAVILLION

Isabella County Commission on Aging and Friends of Isabella Seniors presents:

Jake Slater: Elvis Tribute Artist



Thursday June 4, 2026

10:00 a.m. Music by DJ John Kniffen
Lunch served at Noon
Performance starts at 1:00 p.m.

Call to Reserve your space starting
May 1st, 2026

Call Rhonda!

989-772-0748



COUNTRY QUILTERS ANNUAL QUILT SHOW 2026
QUILT RAFFLE
"STARS AROUND THE WORLD"
QUEEN SIZE QUILT
TICKETS ARE \$1:00 EACH OR 6 FOR \$5.00
DRAWING ON SATURDAY, JULY 11, 2026

AT 4:00 PM

NEED NOT BE PRESENT TO WIN

LOCATED AT

WEIDMAN COMMUNITY CENTER

5918 WEST BRIDGE STREET

WEIDMAN, MI 48893

ON

FRIDAY JULY 10, 2026 FROM 10:00 AM TO 4:00 PM

SATURDAY JULY 11, 2026 FROM 10:00 AM TO 4:00 P

See the quilt at Abbott's Furniture.

Tickets available there and from Country Quilters

Senior Volunteers Needed!

Senior Companion Volunteer Program



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

**Compassion Never
Get's Old-❤️
VOLUNTEER
TODAY!**



Foster Grandparent Volunteer Program



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

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



Benefits:

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

CONTACT US

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

Serving: Clare, Gratiot & Isabella Counties

Project Fresh 2026

We are excited to announce that Project Fresh 2026 is underway!

If you signed up on the Health Together website last year, it is the same process. You can go to <https://www.healthytogether.co/onboarding/michigan-sfmnp> to sign up for the farmer's market coupons. In order to access the coupons, you will need a valid email address or a telephone number that is able to receive text messages at the location you are doing business. If you have your Project Fresh card from last year, please use that again this year. The amount will re-load on that same card.

If you are brand new to the program or need assistance signing up, please call 989-772-6395 and leave a message. Unfortunately, we will not be able to take walk-ins, so an appointment time is necessary for assistance. We can also provide assistance over the phone by appointment.

Let's make it a great summer with fresh fruits and vegetables!
Happy Shopping!

Rural Life and Agriculture with WCMU

Join Emma George-Griffin, Rural Life and Agriculture Reported with WCMU Public Media on Wednesday, July 15th from 12:30-1:30 p.m. I will do a very brief presentation (10-15 minutes) about WCMU, who we are, what we do and how we interact with the community. I will also talk about what I do at the station as the Rural Life and Agriculture Reporter, how I interact with the community, and how they can interact with us. I'll talk about some recent projects I've done and make everyone aware of how they can contact me or WCMU. Then I'll answer any questions as a group or one-on-one. I'd also like the chance to stick around and just chat with anyone who is interested — I like to connect with the community and hear what issues matter to them most.

How to Protect Yourself from Financial Exploitation

Join Huntington National Bank on Thursday, July 23rd from 10:30-11:30 a.m. for a presentation on how to protect yourself from financial exploitation. We will cover types of financial exploitation, tips for recognizing scams, and strategies for avoiding identity theft.

Monday

Tuesday

Wednesday

| | | |
|--|---|---|
| <p>1</p> <p>9:00 Video Exercise Group 10:00 Coffee and Conversation 10:00 Quilts of Valor 10:45 Gentle Exercise 11:30 Trivia/Word Search 12:45 Cards 1:00 Faith Weavers 1:00 Mahjongg 1:00 Hand Sewing Group 5:15 Human Rights Committee Meeting</p> | <p>2</p> <p>10:00 Line Dancing 10:00 Beginner Tai Chi 11:00 Nutrition Educaiton 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 12:45 Cards 2:00 Computer/Tech Class 5:00 Board of Commissioners Meeting 5:30 Isabella County Historical Society</p> | <p>3</p> <p>9:00 Video Exercise Group 9:30 Beginner Line Dancing 10:00 Chess Club 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:00 Nutrition Council 11:30 Trivia/Word Search 12:00 COA Advisory Board 12:30 CMU Otaga 12:45 Cards 1:00 Happy Rippers 2:00 Simple Tai Chi 4:00 Anyone Can Paint</p> |
| <p>8</p> <p>9:00 Video Exercise Group 10:00 Coffee and Conversation 10:00 Quilts of Valor Sew-In 10:45 Gentle Exercise 11:30 Trivia/Word Search 12:45 Cards 1:00 Faith Weavers 1:00 Mahjongg 6:00 Orchard Glen Homeowners Meeting</p> | <p>9</p> <p>10:00 Commission Committee Meetings 10:00 Line Dancing 10:00 Beginner Tai Chi 10:00 Needlecraft Meeting 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 12:45 Cards 2:00 Huntington's Support Group 4:00 League of Women Voters 5:00 PEO 7:00 Mid Michigan Woodcrafters</p> | <p>10</p> <p>8:00 Heartland Basket Weavers 9:00 Video Exercise Group 9:30 Beginner Line Dancing 10:00 Chess Club 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:30 PEO 11:30 Trivia/Word Search 12:30 CMU Otaga 12:45 Cards 1:00 Between the Covers Book Club 1:00 Happy Rippers 2:00 Simple Tai Chi</p> |
| <p>15</p> <p>9:00 Video Exercise Group 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:30 Trivia/Word Search 12:45 Cards 1:00 Faith Weavers 1:00 Mahjongg 1:00 Caregiver Support Group 2:30 Insurance Committee Meeting</p> | <p>16</p> <p>8:30 FOIS Meeting 10:00 Line Dancing 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 12:45 Cards 2:00 Computer/Tech Class 5:00 Board of Commissioners Meeting</p> | <p>17</p> <p>8:00 FGSPSC Supervisor Training 9:00 Video Exercise Group 9:30 Beg Line Dancing 10:00 Chess Club 10:00 Second Sight Art. 10:00 Coffee & Convo 10:45 Gentle Exercise 11:30 Trivia/Search 12:30 CMU Otaga 12:15 Floats 12:45 Cards 12:30 Mindfulness Presentation w/ MSU Ext. 1:00 Second Hand Book Club 1:00 Happy Rippers 2:00 Simple Tai Chi 5:00 Parkinson's Support Group 6:30 NAMI Support Group</p> |
| <p>22</p> <p>9:00 Gerolyn's Sewing Group 9:00 Video Exercise Group 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:30 Trivia/Word Search 12:45 Cards 1:00 Faith Weavers 1:00 Mahjongg</p> | <p>23</p> <p>10:00 Line Dancing 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 12:45 Cards 6:00 Mid Michigan Quilt Guild 6:30 4H Committee Meeting</p> | <p>24</p> <p>8:00 Mid-Michigan Quilt Guild 8:00 Happy Rippers 9:00 Video Exercise Group 9:30 Beginner Line Dancing 10:00 Chess Club 10:00 Coffee & Convo 10:45 Gentle Exercise 11:00 Chronic Venous Insufficiency 11:30 Trivia/Word Search 12:30 CMU Otaga 12:45 Cards 2:00 Simple Tai Chi 7:00 Nancy Carey Cancer Support Group</p> |
| <p>29</p> <p>9:00 Video Exercise Group 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:30 Trivia/Word Search 12:45 Cards 1:00 Faith Weavers 1:00 Mahjongg</p> | <p>30</p> <p>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 12:45 Cards 2:00 Connecting with Cards</p> | <p>Food With Friends Punch Cards \$15.00 for 5 meals \$30.00 for 11 meals The punch cards can be purchased at COA</p> |

Thursday

Friday


Saturday

| | | |
|---|---|---|
| <p>4</p> <p>8:30 CMU Otaga 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 3:00 Hula 4:00 MOVE! For Health 6:30 Isabella County Democratic Party</p> <p>Picnic in the Pavilion w/ Elvis <i>(see page 6 for info)</i></p> | <p>5</p> <p>9:00 Collaborative Meeting 9:00 Video Exercise Group 10:00 Coffee and Conversation 10:30 Friday Morning Jam Performance 10:45 Gentle Exercise 11:30 Trivia/Word Search 1:00 Bingo 2:00 Cards</p> | <p>6</p> <p>8:00 Mid Michigan Quilt Guild</p> |
| <p>11</p> <p>8:30 CMU Otaga 9:00 Gerolyn's Sewing Group 10:00 Coffee and Conversation 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 12:45 Cards 3:00 Hula 4:00 MOVE! For Health 4:00 FGSPSC Advisory Council 6:30 Community Cancer Service</p> | <p>12</p> <p>8:00 Happy Rippers 9:00 Video Exercise Group 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:30 Trivia/Word Search 1:00 Bingo 2:00 Cards</p> | <p>13</p> <p>Saturday & Sunday</p> <p>8:00 Happy Rippers</p> |
| <p>18</p> <p>8:00 CARE Group 8:00 Stitchin Gals 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 12:45 Cards 3:00 Hula 4:00 MOVE! For Health 7:00 Mt. Pleasant Citizens Climate Lobby</p> | <p>19</p> <p>Closed</p>  | <p>20</p> <p>8:00 Mid Michigan Quilt Guild 9:00 Charlene's Quilting Group</p> |
| <p>25</p> <p>8:00 Stitchin Gals 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 FGSPSC Evaluations 12:45 Cards 3:00 Hula 4:00 MOVE! For Health</p> | <p>26</p> <p>9:00 FGSPSC Evaluations 9:00 Video Exercise Group 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:30 Music with Barb and Greg 11:30 Trivia/Word Search 12:45 Cards 1:00 Sacred Heart Book Club 1:00 Movie & Popcorn: "Alto Knights"</p> | <p>27</p> |

JUNE

Food with Friends Lunch
Monday thru Friday at **11:45 a.m.**
in **Activity Room C**
See our Menu on page 10

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.

| June | | 2026 | | |
|---|--|--|--|---|
| Milk Provided with each meal | | Suggested Donation \$3.00 Congregate, \$3.50 Home Delivered | | |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 1 Beef w/Sweet Peppers Bread Cheesy Potatoes Spinach Applesauce | 2 Creamy Swiss Chicken Bread Corn Baked Sweet Potato Apple Crisp | 3 Roast Pork Dinner Roll Garlic Mashed Potatoes Brussels Sprouts Pineapple | 4 Elvis Event! Hot Dog/Bun Chips Fruit Cookie | 5 Corn Chowder Bread Stick California Blend Mixed Fruit Yogurt |
| 8 Cabbage Roll Casserole Bread Carrots Tropical Fruit Gingersnap cookie | 9 White Chicken Chili Bread Stick Capri Blend Citrus Fruit Juice | 10 Chicken/Broc/Cheese Dinner Roll Baked Potato Mixed Vegetables Berry Fruit Cup | 11 Turkey Reuben Sweet Potato Wedges Peas & Carrots Banana | 12 Baked Spaghetti Bread Stick Italian Green Beans Peaches |
| 15 Breaded Cod Dinner Roll Au Gratin Potatoes Stewed Tomatoes Pineapple & Oranges | 16 Turkey/Cheese Slider Potato Soup Tossed Salad Blueberry Crisp | 17 Spanish Rice Dinner Roll Green Beans Mandarin Oranges Yogurt | 18 Egg and Cheese Casserole Redskin Potatoes Banana Juice | 19 Closed No Meals  |
| 22 Beef Mozzarella Melt Bread/Brussels Sprouts Scalloped Potatoes Pineapple Juice | 23 Pizza Casserole Garlic Toast Yellow Beans Peaches Juice | 24 Turkey Loaf Dinner Roll Company Potatoes Beets Fruit Cocktail | 25 Chicken Burrito Bowl Bread Apple Slices Yogurt Cherry Crisp | 26 Salisbury Steak Bread Whipped Potatoes Succotash Strawberries |
| 29 Swedish Meatballs Bread Whipped Potatoes Green Beans Apricots Goldfish Graham | 30 BBQ Chicken Bread Baked Sweet Potato Corn and Lima Beans Cookie Fresh Orange | | | |

COA Activity Center

2200 S. Lincoln Rd. Mt. Pleasant

Meals M - F at 11:45 a.m.

Rhonda Burke, Site Facilitator 989-772-0748

rburke@isabellacounty.org

COA Building OPEN M-F 8:00 a.m.-4:30 p.m.

June is here and can you believe we are already six months into 2026.

This year is going by way to fast! Elvis Tribute Artist Jake Slater to perform his magic of singing and dancing on June 4th. Bring a chair and an umbrella just in case. Reservations are needed for this performance. Also, we will be having a 50/50 drawing! This has been such a great event for all. Look forward to seeing you all here.

Bingo is on 6/5 & 6/12 at 1:00 pm. Line Dancing is on Tuesday at 10:00 am and back on for Wednesdays at 9:30 am. Marilyn and Lori do a wonderful job teaching, Thank you ladies!

June Dates to Remember:

6/4 10:00 – 2:00 ETA Jake Slater

6/5 10:30 Music with Friday Morning Jam

6/17 12:15 Root Beer Floats

6/19 Closed for Holiday

6/25 12:15 June Birthday Celebration

6/26 10:30 Music with Barb & Greg

1:00 Movie: “Alto Knights with Robert De Niro

Weidman Friend of the Month

By: Volunteer, Sue Preuss

The Weidman Senior Activity Center friend of the month is Jim Ruthruff of Coldwater Lake. He grew up in Barryton and has lived in nearby areas all of his life, including Mt. Pleasant, where he worked as a City of Mt. Pleasant employee for over 31+ years. In his time as a city employee, he was a heavy equipment operator, was part of the engineering department and retired as a department supervisor. He's also a classic car buff and has even owned a Nash Metropolitan - a small British made vehicle that was only produced for very few years. Jim is a widower with 4 bonus children. He's wintered in the Zapata, Texas area for a number of years and enjoyed the senior center down there, so he decided upon his return, to check out the senior center here. He told us that he very much enjoyed the meal and the friendly atmosphere. It's something he would encourage other to do also.

And along with introducing Jim, the Weidman friends want to remind everyone that June 21st is Father's Day, so shout out to all the dads. Please note that the center will be closed June 19th in celebration of Juneteenth. And last but not least, Flag Day - June 14th is especially important this year as we celebrate the 250th anniversary of our country, so honor our wonderful history of our country and our freedom! If you have any questions or would like to order a Food with Friends meal, call Sandy Hunter, site facilitator at 989 644-2538. See you soon!

WINN

Community Center

2583 W. Blanchard Rd., Winn

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

Tammi Foltz, Site Facilitator

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

Summer is here and lots of fun things are happening at Winn. We have music on most Wednesdays, crafts on Mondays and Fridays! Come join us. We are open to new ideas for activities too!

Winn June Calendar

- 1 Painting with Flowers, Nutrition Education
- 3 Music: Midnight Express, Nutrition Education
- 5 Make-up Craft Day (for anyone who missed past craft days), Cards
- 8 Craft: Flower Stands Center Pieces
- 10 Music: Lize White, singer
- 12 Painting with cardboard rolls
- 15 Craft: Ladders out of paint sticks
- 17 Music: Kevin Bendele, singer
- 19 Closed for Juneteenth
- 22 Craft: Sunflower out of pool noodles
- 24 Music: Justin Judge, singer (10:45 to 11:45)
- 26 Firecrackers out of Pool Noodles
- 29 Craft: Make-up day and cards

WEIDMAN

Library

3453 N. School Rd., Weidman

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

Sandy Hunter, Site Facilitator

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

We are currently looking for new participants that want to have fun!!! We hold chair exercises in the mornings starting at 10:00 a.m. to increase balance and core strength. There is still room for more! We also have a great lunch and then music, games or crafts after lunch. Greg Merwin sings for us on the 1st Friday of the month. We have a puzzle going every day! Summer is getting closer! I can't wait to meet you!

Weidman June Calendar

- 1 Cards and Dice
- 3 Nutrition Education and Muffins
- 5 Music: Greg Merwin
- 8 Board Games
- 10 Coffee, Conversations with Baking
- 12 Movie and snacks
- 15 Cards and Dice
- 17 June Birthday Celebration with cake and ice-cream
- 19 Closed for Juneteenth Holiday
- 22 Corn Hole
- 24 Coffee, Conversation and Muffins
- 26 Cards and Dice, Puzzle
- 29 Cards and Dice, Puzzle

SHEPHERD

United Methodist Church

107 W. Wright Ave., Shepherd

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

Leann Vanacker, Site Facilitator

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

Welcome to June already! Half-way though the year and warmer weather is definitely on the way!

Come on over to the Shepherd meal site where we love to chat, learn new things and have fun! Come join us for lunch!

Shepherd June Calendar

- 1 11:00 a.m. Exercise, Nutrition Education, National Game Show Day
- 3 Games and Craft of the Month
- 5 Bingo and Cards
- 8 11:00 a.m. Walking, Wii Bowling
- 10 11:00 a.m. Movie, "The Sound of Music"
- 12 Bingo, Beef Jerky Day, and Trivia
- 15 11:00 a.m. Chair Exercise, CMU/Blood pressure checks, Games, Wii Bowling
- 17 11:00 a.m. Father's Day celebration with Root Beer Floats
- 19 Closed for Juneteenth
- 22 11:00 a.m. Exercise, Cards
- 11:30 Music: Al Bartholemew June Birthday Celebrations
- 24 11:00 Movie: "Jurassic Park"
- 26 Bongo, Coconut Day
- 29 11:00 a.m. Let's Move for Your Health—Exercise, Guest Speaker: Leia Hoyt from Area Agency on Aging

ROSEBUSH

Village of Rosebush Manor

4210 E. Rosebush Rd., Rosebush

Meals M, W, F 10:00 am - 2:00 pm

Jennie Brussow, Site Facilitator

989-433-0151**rosebushfoodwithfriends@gmail.com**

Summertime and the Living is Easy, especially at Rosebush Manor and Food with Friends. Come out and relax, eat and join in the activities and conversation. You're always welcome here and we hope to see you soon.

Rosebush June Calendar

- 1 Manicures/Nutrition Ed
- 3 Laugh-In Hour
- 5 Music/Paul Wilkinson
- 8 Bingo with Prizes
- 10 Craft
- 12 Music/Mark & Scott/Ice Cream Social
- 15 Music/Just the 2 of Us
- 17 Music/Mark DeNoyelles
- 19 Closed for Juneteenth
- 22 Sing-Along with Brian
- 24 Music/Kevin Bendele
- 26 Egg /Drop Contest
- 29 Music/Marty Miller

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, June 3 | 2 p.m. – 6 p.m. |
| Thursday, June 4 | 9 a.m. – 1 p.m. |
| Saturday, June 6 | 9 a.m. – 12 p.m. |
| Wednesday, June 10 | 2 p.m. – 6 p.m. |
| Thursday, June 11 | 9 a.m. – 1 p.m. |
| Wednesday, June 17 | 2 p.m. – 6 p.m. |
| Thursday, June 18 | 9 a.m. – 1 p.m. |
| Saturday, June 20 | 9 a.m. – 12 p.m. |
| Wednesday, June 24 | 2 p.m. – 6 p.m. |
| Thursday, June 25 | 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

Chippewa Valley Audubon Meeting

The Chippewa Valley Audubon Club will not meet again until September.

Heartland Basket Weavers

Have you ever wanted to try out basket weaving, or you used to weave baskets? Has it been a while? Heartland Basket Weavers Guild meets on the second Wednesday of each month, and we would love to have you join us to make a basket. Please contact Carol Matthews in advance so that we have adequate materials for you. (989) 289-7948 CMHappyCamper@aol.com

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.

The June 2nd program will be a presentation by Peggy Rekucki, new owner of McIntosh Orchard, talking about what they are doing with the orchard. Check our Facebook as the time and location of this program may change.

Parkinson's Support Group

Meets 3rd Wednesday of each month.

June 15th 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.

Could Your Legs Have Chronic Venous Insufficiency?

Do your legs have any of the following symptoms?

- Achy or tired feeling
- Pins and needles sensation
- Cramping at night
- Discolored skin that looks reddish-brown
- Swelling in lower legs and ankles after standing a while or at the end of the day
- Full or heavy feeling
- Leathery-looking, flakey or itchy skin
- Open sores usually near ankles
- Varicose veins

If so, you may want to consider the possibility of chronic venous insufficiency (CVI). Chronic venous insufficiency (CVI) may cause mild symptoms at first but over time can lead to serious complications that may affect your quality of life. Join Interventional Radiologist Rami Safadi, MD to learn how CVI is diagnosed and available treatment options.

Wednesday, June 24 | 11 a.m. – 12 noon
Isabella County Commission on Aging
2200 S. Lincoln Rd., Mt. Pleasant
Call (989) 779-5606 to register.



CLOTHING INC.

VOLUNTEERS NEEDED

SCAN ME



What we need volunteers for

- ✓ Help sort through donations and stock our free clothing store.
- ✓ Work with individuals and families shopping in our store.

**SIGN UP ONLINE AT
WWW.CLOTHINGINC.ORG**

989-264-2510 WWW.CLOTHINGINC.ORG 1114 W. HIGH ST, MT. PLEASANT, MI, 48858

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 meeting on **Wednesday, May 27th and June 24th at 7:00 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

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. Even though this is a fasting blood test, please take any morning medication as usual with a sip of water.

Walk-in cholesterol screenings will be offered on Wednesday, June 17 | 7 a.m. - 10 a.m.

McLaren Central Michigan (East Lobby Entrance)

1221 South Drive, Mt. Pleasant

Cost \$26 payable the day of the screening. No appointment is necessary.

Treatment Options for Women's Bladder Control

If you are suffering with urinary incontinence, you are not alone. This is a common condition that is often quietly endured by millions of women. It can range in severity from occasional leaks during physical activity to a sudden and urgent need to urinate that makes it difficult to reach a bathroom in time. With the right guidance, it is possible to reduce or eliminate symptoms and restore confidence in daily life. Join Sarah Tilmann, NP in urology and physical therapist Bonnie Warren for a discussion on:

- Types of incontinence
- Treatment options
- What if I don't want surgery?
- What is pelvic floor therapy and why do I need it?

Thursday, June 18 | Light meal provided at 5:15 p.m. presentation 5:30 p.m. - 6:30 p.m.

McLaren Central Michigan (FDJ Conference Room)

1221 South Drive, Mt. Pleasant

Call (989) 779-5606 to register.

Free Heart and Vascular Health Screening

Heart attacks don't discriminate; they affect people of all ages, ethnicities and backgrounds. You can take steps to reduce your risk. Begin by understanding your risk factors. This screening is designed to help identify your risk factors and recommend a course of action to help improve your heart and vascular health. You will leave the screening with your results and a plan of action. Interventional Cardiologist Yousef Bader, MD and Marina Maraskine, MD and Vascular Surgeon Nicolas Mouawad, MD, MPS, MBA, FACS, FRCS, RPVI will be providing the screening. It includes:

- EKG
- Lower Extremity Arterial Doppler
- Blood Pressure Measurement
- Body Mass Index Measurement
- Cholesterol Screening

*Fasting for 10-12 hours before the screening is required. Even though this is a fasting blood test, please take any morning medication as usual with a sip of water.

Friday, June 19 | 9 a.m. – 12 noon

McLaren Central Michigan (East Lobby Entrance)

1221 South Drive, Mt. Pleasant

Appointment required. Call (989) 779-5606 to schedule an appointment.

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 to schedule an appointment 989-779-5604

FREE Mental Health Support Groups

Third Wednesday of the month 6:30 to 8:00 p.m. at Commission on Aging.

Family Support Group

For family and friends

Connections Support Group

For anyone experiencing mental health challenges.

For more information, please call **989-948-3273**

Huntington's Support Group

Tuesday, June 9

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

RSVP to Group Leader: Galen Voss

Email: galenvoss@yahoo.com

Active Living Donors

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

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.

In Memory Of

Bill Beltinck
Doug Wiora & Katherine Shelton

Joyce Butler
Marie Green


Brenda Curtiss
Wendell Curtiss

Ernestine Curtiss
Wendell Curtiss

Melvin Curtiss
Wendell Curtiss

Lenore Fisher
Marie Green

Karen Kanine
Marie Green

Larry Moody 
Joyce Moody

Dick Parfitt
Walt Schneider

Clarence Smalley
Theo Smalley

In Memory of for Active Living

Irene Chapman
Jackie Curtis

Orlin Curtis
Jackie Curtis

Elsie & Dennis Hahn
Jackie Curtis

Thomas R. Smith
Kathy Fransted

Active LIVING Really Needs Your Support

Thank you to everyone who donates to Active LIVING. As of May 6, we have received \$8,394.00 We are still a long way from our needed goal of \$29,500.00.

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: _____

Veteran _____

Keep Donation Anonymous.

Please send acknowledgment to:

Name: _____

Address: _____

Thank You for your Support

Commission on Aging Advisory Board

| | |
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| District 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.



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

LEGAL SERVICES
of Eastern Michigan



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 **CALL FOR HELP TODAY**

Bay / Clare / Gladwin /
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1-800-322-4512


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

INSIDE JUNE 2026 Issue

| | |
|------------------------------|--------|
| 2026 Golf Outing | 1 |
| Director's Comments | 2 |
| Mission Moments | 2 |
| Caregiver Support Corner | 3 |
| Events & Classes | 4, 5 |
| Elvis Tribute Artist | 6 |
| Travel Opportunities | 6 |
| Weidman Quilt Show | 6 |
| Senior Volunteers Needed | 7 |
| Project Fresh | 7 |
| Avoid Financial Exploitation | 7 |
| Rural Life & Ag w/ WCMU | 7 |
| Activity Center Calendar | 8, 9 |
| FWF Menu & Site Activities | 10, 11 |
| CCN Food Pantry | 12 |
| Support Groups | 12, 13 |
| Memorials/Donations | 14 |

2200 South Lincoln Road, Mount Pleasant, MI 48858

Friends of Isabella Seniors



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Send to: Friends of Isabella Seniors(COA)
2200 S. Lincoln Rd.
Mt. Pleasant, MI 48858

Please make checks payable to:
Friends of Isabella Seniors

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

Suggested contribution to Active LIVING: \$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.