

Active LIVING

Published monthly by the Friends of Isabella Seniors for the Isabella County Commission on Aging
Friends of Isabella Seniors - 2200 S. Lincoln Rd., Mt. Pleasant, MI 48858 - (989) 772-0748 - isabellacounty.org/activeliving-newspaper

ISABELLA COUNTY SENIOR MILLAGE

Renewal **VOTE** August 4, 2026

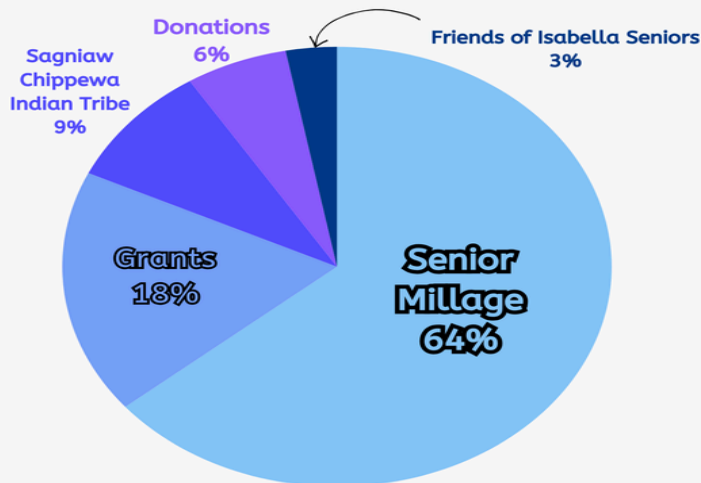


Funding the Isabella County Commission on Aging since 2006

Importance of Funding Continuation

As each year passes, the Senior Millage will continue to become increasingly more important. The growth of the needs of older adults will continue to expand proportionately to the growth in our 60 and older population. According to the U.S. Census, in 2000 the 60 and older population was 7,639; in 2010 it was 9,672, and in 2020 it was approximately 13,500. By the year 2030, our older adult population is estimated to be 19,500. With the fastest growing population in Isabella County being those 60 and older, we are seeing and feeling the impacts already. Baby Boomers just began turning 80 years old in January of 2026, and with many older adults living longer, we will continue to see an increase in requests for service for many years to come. Over the past ten years, we have seen a 26% increase in clients, and within the first quarter of FY2026 we served 2,000 more meals compared to the first quarter in FY2025.

Funding Sources for COA



**What to
Look for
at the Polls:**



Senior Citizens Services Millage Renewal Proposal

For the purpose of continuing funding of services and activities for older persons within Isabella County, including planning, coordinating, and funding the continuation of the Isabella County Commission on Aging services and programming at the same rate approved by the voters in 2016, shall the previously approved millage be renewed by up to 1.00 mill (\$1.00 per \$1,000 of Taxable Value) for a period of ten (10) years (2026-2035) inclusive? If approved and levied in full, this millage will raise an estimated \$2,829,633 for the countywide senior citizens services and facilities in the first calendar year of the levy. In accordance with State law, a small portion of the millage may also be disbursed to the Downtown Development Authorities of the City of Mt. Pleasant, and Union Township; the Tax Increment Finance Authorities of the City of Mt. Pleasant; and the Brownfield Redevelopment Authority of the City of Mt. Pleasant.

☐ YES
☐ NO

The mission of the Isabella County Commission on Aging is to promote the health, independence, and fulfillment of older adults through the coordination and provision of diverse services and opportunities.

COA Director's Comments

August is upon us, so that means we have made it to the August election! On August 4th, our Senior Millage is up for renewal on the ballots of Isabella County residents. While we cannot ask you to support the renewal, we urge you to exercise your right to vote!

What is the Senior Millage, and Why is it Important to the Commission on Aging?

The purpose of the Senior Millage is to fund the continuation of programs and services provided by the Isabella County Commission on Aging along with the operation and maintenance of the organization and its facilities. It directly supports programs and services that positively impact the lives of thousands of older adults throughout Isabella County.

The first millage was passed by Isabella County voters in 2006. It was renewed in 2016, and is now up for renewal again. The 2026 millage renewal request will go before voters on Tuesday, August 4, 2026 and is a straight renewal of the existing millage, which is up to 1.00 mill (\$1.00 per \$1,000 of taxable value) for a period of ten years (2026-2035).

The importance of the Senior Millage cannot be overstated. It is the largest revenue source of the total Isabella County Commission on Aging (COA) budget by far. It supports all of the programs and services of the COA with the exception of the Unmet Needs Program, which is supported only through donations and grant funding.

As each year passes, the availability of the Senior Millage will continue to become increasingly more important. The growth of the needs of older adults will continue to expand proportionately to the growth in our 60 and older population. According to the U.S. Census, in 2000 the 60 and older population was 7,639; in 2010 it was 9,672, and in 2020 it was approximately 13,500. By the year 2030, our older adult population is estimated to be 19,500.

With the fastest growing population in Isabella County being those 60 and older, we are seeing and feeling the impacts already. Baby Boomers just began turning 80 years old in January of 2026, and with many older adults living longer, we will continue to see an increase in requests for service for many years to come. Over the past ten years, we have seen a 26% increase in clients, and within the first quarter of FY2026 we served 2,000 more meals compared to the first quarter in FY2025.

What does the Commission on Aging do for Older Adults in Isabella County?

The Isabella County Commission on Aging has been serving the needs of older adults since 1973. It is our mission to promote the health, independence and fulfillment of older adults through the coordination and provision of diverse services and opportunities which are provided through the following programs:

In-Home Services Program - Case Management, Homemaking, Personal Care, Respite Care, Caregiver Training, Unmet/Emergency Needs Assistance, Medicare/Medicaid Assistance, Housing Information

Food with Friends - Home Delivered Meals Program, Congregate Meal Program (COA, Shepherd, Winn, Weidman and Rosebush)

Gold Key Volunteer Program - Opportunities for older adults and those of all ages to volunteer in a variety of ways and settings.

Foster Grandparent and Senior Companion Programs - Volunteer opportunities for low-income adults 55 and older in a variety of settings. Non-taxable stipends are provided.

Activities Program - Community focal point for older adults providing a variety of recreational, social, cultural, nutritional, and educational opportunities.

If you have any questions about the Isabella County Commission on Aging or the Senior Millage that supports our programs and services, please feel free to reach out to me. As always, we appreciate your support, and we are grateful for the opportunity to serve the older adults in our county! Thank you!

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



Mission Moments

The Food with Friends program is proud to provide nutritious meals to the community through the Home Delivered Meals program and Congregate meals that we serve each week. This year, we have seen a large increase in the demand of meals. Last year, we served over 63,000 meals and this year we are on track to serve more. It is not only about the numbers that we are seeing, it is the impact we make on the lives of others. Clients are able to stay in their homes longer because of the meals and support from Commission on Aging. Participants who attend the meals sites gain a sense of purpose and support from attending the sites and feeling connected. This June, we were able to welcome Jake Slater on June 4th for an amazing performance tribute to Elvis Presley. We had over 200 participants enjoy a picnic lunch with grilled hotdogs! The smiles were endless and community members from all over Isabella County attended, including local nursing care homes. These events are great to hold bringing more awareness about what we have to offer. We hope to provide this event annually on the first Thursday of June each year. I encourage you to come see what we have to offer for you! There are so many different great opportunities!

Carmel Slebodnik
Nutrition Program Manager



REMEMBER TO VOTE

**AUGUST
4TH**

COA Caregiver Support Group

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

Caregiver Support Group - August 17th 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.

MEDICARE PART D OPEN ENROLLMENT IS APPROACHING

The Commission on Aging will begin taking calls to schedule Medicare Part D appointments on October 1st. Each year from October 15th through December 7th, Medicare beneficiaries should review their existing prescription drug plans. The Commission on Aging will be meeting with Isabella County residents, who are 60 years of age or older, by appointment only during open enrollment. If you would like to schedule an appointment through the Commission on Aging please call (989)772-0748, beginning October 1st. You may also review and enroll in the Medicare prescription drug plans by going to www.medicare.gov or calling 1-800-MEDICARE. If you or someone you know is under 60, or from another county, you may call Region 7 Area Agency on Aging at 1-800-858-1637 for assistance. Please note that if you or your loved one has employer or retiree health benefits, you should contact your benefits department as these appointments are geared for those without retiree benefits.



Severe Blood Shortage Alert Help Can Not Wait

American Red Cross Blood Drive

We will again be partnering with the American Red Cross to host a blood drive on Thursday, August 20th from 11:00 a.m. to 3:45 p.m. If you are able, please consider donating blood to help save a life!

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

Events & Classes at COA

Coffee Hour with An Attorney

This group will meet on the 4th Wednesday of ALTERNATE months. **September 23rd 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, August 4th and 18th 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

"Along the Lakeshore"

Wednesday, August 5th 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 **"Along the Lakeshore"**. 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 are due by Monday, August 3rd - NO EXCEPTIONS, must be paid prior to class to attend. Checks made out to COA can be mailed to 2200 S. Lincoln Rd. Mt. Pleasant, 48858.**

Next class, Wednesday, September 2nd

Connecting With Cards

Tuesday, August 25th 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.

Root Beer Floats

Join us on **Wednesday, August 19th at 12:15 p.m.** in Room C

Birthday Celebration

Join us on **Thursday, August 27th at 12:15 p.m.** in Room C to celebrate those with birthdays in August!

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

FREE Movie and Popcorn

"Here Today"

2hrs 7mins PG-13

When veteran comedy writer Charlie Burnz meets New York street singer Emma Payge, they form an unlikely yet hilarious and touching friendship that kicks the generation gap aside and redefines the meaning of love and trust.

Friday, August 28th at 1:00pm in COA Room C.

Call Rhonda to make your reservation

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.

Learn to Play Mahjongg

Want to learn to play Mahjongg, the popular game of Chinese tiles? Lessons will be given at **11 am August 10, 17, 24 and 31** in the COA craft room. Come to any or all 4 sessions.

Please register by calling 989-772-0748 or stop in at the COA front desk.

Medicare Seminar

Join Andrea Sneller, State Health Insurance Assistance Program Coordinator with Region VII Area Agency on Aging, on **Wednesday, September 23rd 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.

Make Retirement Planning Simple

Protecting your nest egg doesn't have to be complicated. At Seniors Advantage, we've spent over 20 years sitting down with seniors. Helping you cut through the confusion and build a retirement plan that actually makes sense for your life.

Tuesday, August 11th 12:30-1:30pm at COA

To RSVP please call or text (231) 349-9347

Safe Drivers, Smart Options

Join Patricia Heiler, Michigan's Aging Driver Analyst with the Secretary of State, on **Monday, August 24th from 12:30-1:30 p.m.** for a presentation on Safe Drivers, Smart Options. As we age, we experience changes that can impact the way we drive. But you don't have to compromise your independence or mobility – there are smart options for safe drivers. 1) stay active and safe behind the wheel, 2) decide when it may be time to transition to non-driving, and 3) find alternative transportation options.

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 Wednesday, August 26th

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.

Tai Chi in the Park

Fridays 10:00 to 11:00 a.m. August 21 and 28

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

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.

Line Dancing

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

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

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

Tues., Wed., Thurs.

9:05-10:05a.m.

Instructor: Mary Alsager

Aqua Zumba

Monday & 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

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.

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

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

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! Taught by Doctor of Physical Therapy students and faculty from CMU.

Mondays 4-5pm June 29 - July 27 (new last day)

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

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

Travel with COA

To make a reservation, please contact: Marcy Huntoon
(989) 772-0748 or email at mjeronie@isabellacounty.org

Turkeyville ~ Trip full, call for waitlist

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.

Frankenmuth - Bronner's and Bavarian Inn

Thursday, October 22

Kick off your Christmas shopping at Bronner's Christmas Wonderland, then finish the day with the World Famous All-You-Can-Eat Frankenmuth Style Chicken Dinner!! We will depart COA at 8:30 a.m. We will have about 2 hours to shop at Bronner's before departing for Bavarian Inn. We will start out with a pretzel rolling experience at noon followed by German wine tasting at 12:30 p.m. Our all-you-can-eat lunch will be served at 1:00 p.m. After lunch, we will collect our pretzels and have a little time to visit the Castle Shops before departing around 3:00 p.m. We should arrive back to COA around 4:30 p.m.

Price: \$100 per person includes Motorcoach Transportation, World Famous All-You-Can-Eat Frankenmuth® Style Chicken Dinner, German Wine Tasting, Pretzel Rolling Experience, and all gratuities. Money and reservation due Friday, September 18.

Turkeyville ~ Away in the Basement

A Church Basement Ladies Christmas

Thursday, November 5th

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, October 2.

"It's Christmas 1959, the day of the Sunday School Christmas Program, and a 15-year-old Beverly has been cast as Mary. Her mother, Karin, and the other church basement ladies serve up the laughs and the lutefisk as a new parish worker arrives and catches Pastor's Eye"

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.

 **Save the Date**

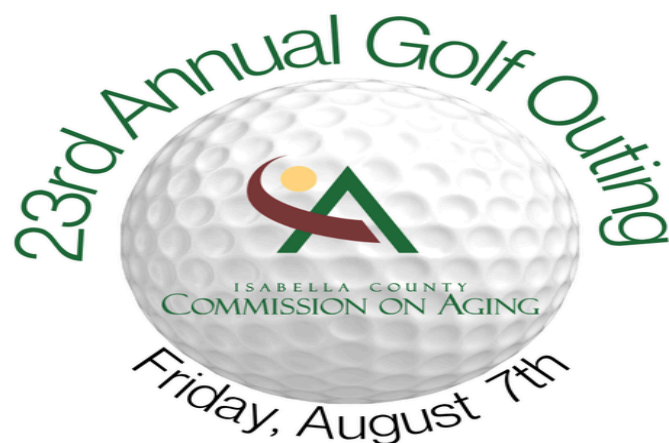
**HALLOWEEN
DANCE PARTY**

Join us for a FREE
fun night of
dancing and live
music by the
Louisell Family

FREE ENTRY

Prize for best costume!

OCTOBER 28TH 6-8PM
ISABELLA COUNTY COMMISSION ON AGING
2200 S. LINCOLN RD. MT. PLEASANT



Organized by:



- *\$10,000 Hole-In-One
- *50/50 Raffle
- *Contest Holes & Other Prizes!

8:00AM Check-In
9:00AM Shotgun
Start- Scramble



Pleasant Hills Golf Course

Includes:

- ✓ 18 holes of golf with cart
- ✓ Cash prizes for flights
- ✓ Snack
- ✓ Buffet
- ✓ Golfer Gifts

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

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

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

Monday**Tuesday****Wednesday**

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 Hand Sewing Group 1:00 Mahjongg 2:30 Insurance Committee Meeting 4:00 Fit Feet Walking Club 5:15 Human Rights Committee Meeting 6:30 Mountain Town Family Chorus	3	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	4	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 Meeting 12:30 CMU Otaga 12:45 Cards 1:00 Happy Rippers 2:00 Simple Tai Chi 4:00 Anyone Can Paint	5
9:00 Video Exercise Group 10:00 Coffee and Conversation 10:00 Quilts of Valor Sew-In 10:45 Gentle Exercise 11:00 Mahjongg Lessons 11:30 Trivia/Word Search 12:45 Cards 1:00 Faith Weavers 1:00 Mahjongg 6:00 Orchard Glen Homeowners Board Mtg	10	10:00 Commissioner Committee Meeting 10:00 Line Dancing 10:00 Needlecraft Meeting 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 12:30 Senior's Advantage Presentation 12:45 Cards 4:00 League of Women Voters 5:00 PEO	11	9:00 Video Exercise Group 9:00 FGP Back to School Training 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	12
9:00 Video Exercise Group 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:00 Mahjongg Lessons 11:30 Trivia/Word Search 12:45 Cards 1:00 Mahjongg 1:00 Faith Weavers 1:00 Mt. Pleasant Garden Club 1:00 Caregiver Support Group 2:30 Insurance Committee Meeting	17	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	18	9:00 Video Exercise Group 9:30 Beginner Line Dancing 10:00 Chess Club 10:00 Coffee & Conversation 10:45 Gentle Exercise 11:30 Trivia/Search 12:15 Root Beer Float 12:30 CMU Otaga 12:45 Cards 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	19
9:00 Video Exercise Group 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:00 Mahjongg Lessons 11:30 Trivia/Word Search 12:30 Safe Driver, Smart Options 12:45 Cards 1:00 Faith Weavers 1:00 Mahjongg	24	10:00 Commission Committee 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 Connecting with Cards 6:00 Mid-Michigan Quilt Guild 6:30 4H Committee Meeting	25	8:00 Happy Rippers 9:00 Video Exercise Group 9:30 Beginner Line Dancing 10:00 Second Sight Artists 10:00 Chess Club 10:00 Coffee & Convo 10:45 Gentle Exercise 11:30 Trivia/Word Search 12:30 CMU Otaga 12:45 Cards 2:00 Simple Tai Chi 7:00 Nancy Carey Cancer Support Group	26
9:00 Video Exercise Group 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:00 Mahjongg Lessons 11:30 Trivia/Word Search 12:45 Cards 1:00 Faith Weavers 1:00 Mahjongg	31			Keep your face to the sun and you will never see the shadows. HELEN KELLER	

Thursday

Friday

Saturday

6 8:30 CMU Otaga 9:00 Gerolyn's Sewing Group 10:00 Coffee and Conversation 10:00 Beginner Tai Chi 10:30 Music w/ Midnight Express 11:00 Nutrition Education 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 12:45 Cards 3:00 Hula 6:30 Isabella County Democratic Party	7 9:00 Collaborative Meeting 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	8 8:00 Mid Michigan Quilt Guild
13 8:30 CMU Otaga 9:00 FGP Back to School Training 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 6:30 Community Cancer Service	14 9:00 FGSPSC In-Service 9:00 Video Exercise Group 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:30 Trivia/Word Search 12:45 Cards 1:00 Honors Flight Card Making 1:00 Sacred Heart Book Club	
20 8:30 CMU Otaga 10:00 Coffee and Conversation 10:00 Beginner Tai Chi 11:00 Red Cross Blood Drive 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 12:45 Cards 3:00 Hula 3:00 Faith Weavers 7:00 Mt. Pleasant Citizens Climate Lobby	21 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	22 Saturday & Sunday 9:00 Happy Rippers
27 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 12:15 August Birthday Celebration 12:45 Cards 3:00 Hula	28 9:00 Video Exercise Group 10:00 Coffee and Conversation 10:30 Music with Barb and Greg 10:45 Gentle Exercise 11:30 Trivia/Word Search 12:45 Cards 1:00 Movie & Popcorn: "Here Today"	Food With Friends Punch Cards \$15.00 for 5 meals \$30.00 for 11 meals The punch cards can be purchased at COA

August

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.

August

2026

**Milk/Dairy Provided with each meal
Delivered**

Suggested Donation \$3.00 Congregate, \$3.50 Home

Monday	Tuesday	Wednesday	Thursday	Friday
3 Smothered Chicken Breast Dinner Roll/Butter Whipped Potatoes Peas & Carrots Mixed Fruit	4 Beef Taco Bowl Cilantro-Lime Rice Corn Fresh Orange	5 Potato Crunch Fish Dinner Roll Company Potatoes Peas Pears / Yogurt	6 Turkey Cranberry Sandwich Carrots Apple Crisp Yogurt	7 Macaroni & Cheese Bread Winter Blend Strawberries
10 Egg and Cheese Casserole Cinnamon Roll Redskin Potatoes Sausage Links (2) Apple	11 Chicken Salad Croissant Broccoli Cauli Salad Peaches	12 Sliced Turkey/Gravy Whipped Potatoes / Butter Spinach Cookie / Citrus Fruit	13 Lemon Baked Chicken Bread/Butter Squash / Brussels Sprouts Cherry Crisp	14 Chilli Cornbread Baked Potato/Butter Michigan Fruit Cup
17 Sloppy Joe / Bun California Blend Pineapple & Oranges Yogurt	18 Caesar Chicken Wrap Cucumber Salad Banana / Yogurt Cookie	19 Baked Italian Chicken Dinner Roll/Butter Company Potatoes Key West Blend Tropical Fruit	20 Chicken & Broccoli Casserole Bread Spinach Salad Fruit Cocktail Pudding	21 Chinese Pepper Steak Rice / Bread Kyoto Vegetable Pineapple Tidbits Juice
24 Pulled Pork / Bun Coleslaw Parslief Potatoes Apricots	25 Chicken a la King Biscuit Carrots Mandarin Oranges	26 Beef Stew/Biscuit Succotash Pears Yogurt	27 Spanish Chicken Bread Au Gratin Potatoes Peach Crisp / Juice	28 Italian Meatloaf Bread / Sweet Potatoes Broccoli Peaches
31 Spanish Rice Dinner Roll Green Beans Mandarin Oranges / Yogurt				

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.

Here today, gone tomorrow, that's how fast July went by for me!

July has been busy with all the July 4th activities, vacations and all the very hot weather we had to deal with. I hope you all had a great month! Before you know it school will be back in sessions.

August Activities

Line dancing is on Tuesday's at 10:00 am and Wednesday's at 9:30 am.

Music with the Midnight Express will be performing on 8/6 at 10:30 am till 12:45 pm

Bingo will be on 8/7 & 8/21 at 1:00 pm

Root Beer Floats on 8/19 at 12:15 pm

August Birthday Celebration will be on 8/27 at 12:15

Music with Barb & Greg on 8/28 at 10:30 am

August Movie will be "Here Today" with Billy Crystal on 8/28 at 1:00 pm

Have a safe and Happy August!

Weidman Friend of the Month

By: Volunteer, Sue Preuss

With the dog days of summer upon us, the Weidman seniors hope that everyone is enjoying themselves, but also taking care of themselves by remembering to drink lots of fluids and staying hydrated. The friends also would like to introduce Sue Johnston as the friend of the month. Sue is one of the COA volunteers that delivers meals in our area to those who are not able to be out and about as much. She's done this for a number of years. Born in Frankfort, Michigan and raised in Manistee County, Sue and her husband now live in Weidman. She's the mom of 3 sons and the grandmother to 3 granddaughters. She is a retired elementary school teacher and in addition to volunteering, she also enjoys biking and reading. In talking to her about what she enjoys about volunteering, she said it's the clients, she loves seeing the clients! The WSAC friends would also like to let everyone know that on August 14th there will be a BINGO AND... an ice cream treat social so to speak, where you get to top off your treat with whatever topping you choose from a nice selection of goodies! So, everyone mark your calendars and come be part of the fun. If you have any questions, please call Sandy Hunter at 989 644-2538. The center is open Monday, Wednesday and Fridays, from 10-2.

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 vacations are quickly coming to an end with schools starting up at the end of the month. Come on in to the Winn meal site for crafts 10-1:30 on Mondays and Friday and music at 11 on Wednesdays! Lunch is served at noon each of those days. Call at least a day ahead to reserve your meal!

Winn August Calendar

3 Craft Day: Roses out of book pages

5 Music: Midnight Express, Nutrition Education

7 Closed

10 Craft: Presentation from COA

12 Music: Kevin Bendele, Popcorn and treats

14 Craft Day, Corn Hole Games

17 Craft Day: clay dollie bowls

19 Music: The Holiday Ramblers

21 Craft Day, Corn Hole

24 Craft day: Cake platter with flowers

26 Music: To Be Announced

28 Craft Day

31 Craft Day: Sunflowers

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

Dog days of Summer! Bring on the hot weather! It is better than bundling up to go outside in the cold! We have great lunches on Mondays, Wednesdays and Fridays! Greg Merwin will be here on August 7th to sing for us. Bingo is the 14th with PRIZES! Celebrate August Birthdays with cake and ice-cream! We always love to see new faces! Come join our group and see what fun we have!

Weidman August Calendar

3 Cards and Dice

5 Nutrition Education

7 Music: Greg Merwin

10 Cards and Dice

12 Coffee, Conversation and Cookies

14 August Bingo with Prizes!

17 Cards/Dice

19 August Birthdays-Cake and Ice-Cream

21 Corn Hole Toss

24 Cards and Dice

26 Coffee, Conversation and Muffins

28 Corn Hole Toss

31 Cards and Dice

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

August brings warm days and nights while we think of cooler days autumn will bring. Join us in Shepherd for exercise, education, fun and group camaraderie. We would love to have you!

Shepherd August Calendar

3 11am-Exercise, Watermelon Day with Trivia, Nutrition Education

5 11am- Movie: "Mrs. Doubtfire or Steel Magnolias" Vote to see which one we watch!

7 Closed Today

10 11am Chair Yoga – 12pm Guest Speaker: Brandi Burns, Foster Grandparent/Senior Companion Program

12 Vinyl Records Day – Games/ Puzzles

14 11am Games, 12:15pm Bingo

17 11am Chair Exercise- Pineapple Juice Day with Discussion About the Benefits

19 12:15pm Music: Greg Merwin, August Birthday Celebration

21 Games and Bingo

24 11am Balance Exercise 12pm Guest Speaker: Tina Campbell, In-Home Services from Commission on Aging

26 Wii Bowling/Games

28 Games/Bingo

31 11am Exercise (walking for 15min and stretching)

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

The Dog Days of Summer are definitely here. What better way to relax and cool off with a bowl of ice cream. Join us for lunch, activities, and our ice cream social. We hope to see you soon.

Rosebush August Calendar

3 Manicures/Nutrition Ed

5 Penny Bingo

7 Paul Wilkinson

10 Bingo with Prizes

12 Music/Marty Miller

14 Music/Mark & Scott /Ice Cream Social

17 Music/Just the 2 of Us

19 Music/Mark DeNoyelles

21 Penny Bingo

24 Sing Along with Brian

26 Music/Kevon Bendele

28 Make Your Own Ice Cream

31 Laugh-In Hour

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, August 5	2 p.m. – 6 p.m.
Thursday, August 6	9 a.m. – 1 p.m.
Saturday, August 8	9 a.m. – 12 noon

Wednesday, August 12	2 p.m. – 6 p.m.
Thursday, August 13	9 a.m. – 1 p.m.

Wednesday, August 19	2 p.m. – 6 p.m.
Thursday, August 20	9 a.m. – 1 p.m.
Saturday, August 22	9 a.m. – 12 noon

Wednesday, August 26	2 p.m. – 6 p.m.
Thursday, August 27	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

Why Review Your Medicare Part D Prescription Plan?

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

Here are a few frequently asked questions that may be able to answer your specific concerns.

How may my plan have changed?

Your current plan may have changed:

The monthly premium

The annual deductible

The co-payments to your pharmacy

The formulary (list of covered medications)

What do I have to do if I decide I want to stay in my current plan for 2027?

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

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

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

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

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

How do I receive help to compare plans for 2027?

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



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, August 26th 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

Parkinson's Support Group

Meets 3rd Wednesday of each month.

August 19th 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@mcclaren.org.

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

No meeting in July or August

RSVP to Group Leader: Galen Voss

Email: galenvoss@yahoo.com

Free Balance Screenings

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

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

McLaren Central Michigan, Rehabilitation Services

2600 Three Leaves Drive, Mt. Pleasant

Call (989) 779-5604 to schedule an appointment.

Community Cholesterol Screening

Cholesterol plays a key role in your heart health. A screening test is available that includes information about your:

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

*Fasting for 10-12 hours before the test is required. 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 the third Wednesday of each month.

McLaren Central Michigan (East Lobby Entrance)

1221 South Drive, Mt. Pleasant

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

Community Events

The Friends of the Library Book Sale

The Friends of Veterans Memorial Library fall book sale is early this year. The book sale runs from **September 8 - 12, 2026**. It will be held in the Veterans Memorial Library annex. Watch the Friends Facebook page for details on donating books and sale hours. <https://www.facebook.com/FriendsofVML>

Zonta Club Applefest

The Zonta Club of Mt. Pleasant is hosting its 37th annual Applefest event on **Saturday, September 26, 2026, at Papa's Pumpkin Patch 3909 S. Summerton Road, Mt. Pleasant from 9:30 a.m. - 4:00 p.m.** Fun activities for the whole family, including children's games, hayrides, crafters, homemade apple pie, Apple Delight, apple cider and donuts. Enjoy pizza from Falsetta's on Fire, food from Far Out Food Truck and treats from Kona Ice. Fall themed story time by Miss Christie of the Chippewa River District Library. Follow us on Facebook for more information www.facebook.com/zontamtpleasant.

Isabella County Historical Society

There will be no Historical Society meeting in August.

The Isabella County Historical Society Program for **September 1, 2026** will be held at the Faith Johnson Memorial Library in Rosebush. The program will begin at 6:00 p.m. Mary Ellen Ruark will give a presentation on the local painter Grace McArthur.

Active Living Donors

Elizabeth & David Alm	Don & Dolores Kitzmiller
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Jean Murray
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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

Dale Gatehouse
Jeanette Gatehouse



Dr. Waldo Sauter
Walter Schneider

James Ison
Elouise Wilson
Richard & Sharlene Wilson

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Elouise Wilson

In Memory of for Food w/ Friends
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**Want to receive Active Living by
email instead of mail? Please call
or email Marcy Huntoon
(989) 772-0748
mjerome@isabellacounty.org**

Active LIVING Really Needs Your Support

Thank you to everyone who donates to Active LIVING. As of July 6, we have received \$10,191. 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
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Gift is:

- ☐ Memorial
- ☐ Honorarium

Name: _____

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- ☐ Keep Donation Anonymous.

Please send acknowledgment to:

Name: _____

Address: _____

Thank You for your Support

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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.



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

CALL FOR HELP TODAY

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

1-800-322-4512

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

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

Please make checks payable to:
Friends of Isabella Seniors

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

Suggested contribution to Active LIVING: \$25 per year helps to cover the costs of producing and mailing the paper. A great way to remember when to send your donation is to send it on your birthday each year.

Address Change: Active *LIVING* is mailed under a nonprofit automated mail rate and will not be forwarded with a notice to the post office.

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

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