

Active LIVING

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

Isabella County Commission on Aging & Friends of Isabella Seniors 23rd Annual Golf Outing

Thank you sponsors, donors, golfers, volunteers, Joe Recker and staff at Pleasant Hills Golf Course for making our 23rd annual Commission on Aging & Friends of Isabella Seniors Golf Outing such a great success! Proceeds will benefit Commission on Aging programs and services to area older adults.

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 Thank you COA Staff
 Thank you FOIS Board
 Jenny and Joe McDonald
 Kremstreiter Farms
 Janes & Backus
 McLaren Central Michigan
 Marty's Bar
 Bill Hauck Painting

THANK YOU!



COA Director's Comments

THANK YOU! THANK YOU! THANK YOU!

On behalf of our Isabella County Commission on Aging family, we extend our most sincere and heartfelt thank you to all who voted in favor of the Isabella County Senior Millage Renewal! We are beyond grateful and are humbled by the overwhelming support!

I know that I can speak for our whole team when I say that we truly LOVE what we do and those we are so blessed to serve. It is so wonderful to live and work in a community that supports and values our older citizens – they are a true treasure! Thank you for allowing us the opportunity to serve - we vow to continue to be good stewards of the funding that we are so fortunate to receive. THANK YOU!

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



Mission Moments

Every day, the Isabella County Commission on Aging's Foster Grandparent and Senior Companion Programs demonstrate that one caring person can make an extraordinary difference.

Our Foster Grandparent volunteers step into classrooms with patience, encouragement, and wisdom. They help children strengthen reading, writing, and math skills while providing something equally important—a trusted adult who believes in them. Through one-on-one mentoring and meaningful relationships, our volunteers help build confidence, inspire learning, and remind every child that they are capable of success.

At the same time, our Senior Companion volunteers are making a lasting impact in the lives of older adults throughout our community. Whether sharing a conversation over coffee, providing transportation to appointments, playing cards, reading together, or simply being a friendly face, they help reduce loneliness and support older adults in maintaining their independence. For many clients, their Senior Companion is more than a volunteer—they are a trusted friend.

The true beauty of these programs is that everyone benefits. The children gain confidence. Older adults gain companionship. Schools, families, and caregivers receive valuable support. And our volunteers discover renewed purpose, meaningful friendships, and the joy that comes from serving others.

If you or someone you know might be interested in volunteering as a Foster Grandparent or Senior Companion Volunteer, call the Isabella County Commission on Aging at (989) 772-0748. Your volunteering will enhance your life, as well the lives of others!



Thank you 

Brandi Burns, FGP/SCP Programs Manager

COA Caregiver Support Group

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

Caregiver Support Group - September 21st 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.



COA will be closed Monday, September 7 for Labor Day. NO congregate meals, home delivered meals or activities that day! COA will also be closed on Thursday, September 24 for a Staff Development Day. NO congregate meals or activities that day

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.

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.

Computer/Tech Class at COA

Tuesday, September 1st and 15th 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

"Sunset Over the Marsh"

Wednesday, September 2nd 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 **"Sunset Over the Marsh"**. 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 31st - 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, October 7th

Connecting With Cards

Tuesday, September 29th 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.

Estate Planning

Join Barberi Law at Isabella County Commission on Aging for a free, informative workshop where Attorney Franklin A. MacKenzie IV will simplify the Estate Planning process and explain the tools available to protect your family, your assets during your lifetime, and your legacy. You'll leave with a clear understanding of your options and the confidence to make informed decisions about your future and the people who matter most. **This session will take place on Tuesday, September 29th at 10:30am.**

FREE Movie and Popcorn

"Queen Bees"

1 Hour 40 Minutes PG-13

Queen Bees follows fiercely independent widow Helen, who reluctantly moves into a retirement community for a short stay and encounters cliques, rivalries, and unexpected romance. Lighthearted and charming, the film offers a feel-good look at friendship, love, and second chances later in life. While the script is predictable, strong performances from its veteran cast make it an enjoyable watch for fans of gentle romantic comedies.

Friday, September 25th 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.

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.

Please call (989) 772-0748 to register.

Mindfulness Pebbles: Breath

We explore each principle and practice as a "mindfulness pebble," a small, intentional drop of awareness that can create meaningful ripples throughout daily life. In this lesson, participants explore mindful breathing as an anchor for attention. The practices include several breathing techniques and observation of the breath. This class is designed for all experience levels; whether you are new to mindfulness or have an established practice, you are welcome! All practices can be adapted for comfort and ability.

Join MSU Extension for this workshop on Wednesday, October 7th 12:30-2:00pm for this 90 minute workshop.

Birthday Celebration

Join us on **Tuesday, September 29th at 12:15 p.m.** in Room C to celebrate those with birthdays in August!

Ice Cream Sundaes

Join us on **Wednesday, September 16th at 12:15 p.m.** in Room C

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.

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 Thursday, September 24th

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 Thursday, September 24th

Some Tai Chi experience recommended.

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

Line Dancing

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

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

Hula Class

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

No class Thursday, September 24th

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

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

When open, participants will be allowed into the Student Activity Center after 8:45 a.m. to get ready for class. Classes occasionally switch days depending on instructor availability - instructors will do their best to inform class participants in advance when changes occur.

***The pool will be closed for a large maintenance project
TENTATIVE COMPLETION DATE 9/21/2026***

Water Aerobics

Tues., Wed., Thurs.

9:05-10:05 a.m.

Instructor: Mary Alsager

Aqua Zumba

Monday & Friday

9:05-10:05 a.m.

Instructor: Angela McGuirk

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!

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.

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.

No class Thursday, September 24th

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. starting September 9th

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

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.

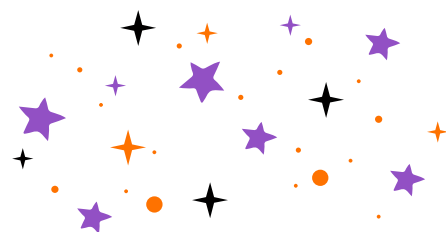
"It's Christmas 1959, the day of the Sunday School Christmas Program, and a 15-year-old Beverly has been cast as Mary. Her mother, Karin, and the other church basement ladies serve up the laughs and the lutefisk as a new parish worker arrives and catches Pastor's Eye"

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

Community Events

McLaren Annual Health Fair

Available screenings and tests include glucose reads; blood pressure checks; swallow; speech, language and cognition; and balance and strength.

Participants will have the opportunity to talk with physicians and primary care providers, rehabilitation therapists, a registered dietician, joint program specialist, experts from other areas of the hospital, and representatives from fifteen area companies and agencies will have information available.

Other activities include prize drawings, therapy dogs, food vendors, and Isabella County Medical Care Facility will be hosting craft and bake sale.

Friday, September 11 | 10:00 a.m. – 1:00 p.m.

McLaren Central Michigan (West Parking Lot off Brown Street) 1221 South Drive, Mt. Pleasant

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..

MARSP MEETING (Michigan Association of Retired School Personnel)

The Isabella County Retired School Personnel chapter of MARSP will meet at **Noon on Tuesday, September 8, 2026 at the Commission on Aging, 2200 S. Lincoln Rd., Mount Pleasant.** Lunch will be served first, (\$7.00) with the a speaker about our insurance.

Please contact Nancy Enders, (989) 772-0783, (leave a message), or by email: njenders2011@gmail.com or text me at (989) 506-4708 by Friday, September 4th with your reservation for lunch and/or seat for just the meeting.

Chippewa Valley Audubon Club

The Chippewa Valley Audubon Club will meet at Central Michigan University's Clark Historical library on September 9th, at 7 PM.

Bryan Whitledge, CMU curator, will review the clubs highlights and activities over the last 75 yrs of its existence, as published in local newspapers of Mt Pleasant and CMU. Visitors welcome.

Isabella County Historical Society

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.

Report Scams and Fraud

You Can Report Scams and Fraud. The Federal Trade Commission (FTC) is the main agency that collects information on scams and fraud. **You can call 1-877-382-4357 or report online to usa.gov.** Online you will find many consumer issues; be able to follow the prompts to report a fraud or scam, file a complaint, ask a question and protect yourself from identity theft



Isabella County Commission on Aging Durable Medical Equipment Storage Closet

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

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

Durable Medical Equipment Available:

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



Monday

Tuesday

Wednesday

Food With Friends Punch Cards \$15.00 for 5 meals \$30.00 for 11 meals The punch cards can be purchased at COA	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 6:00 Broadway Theater	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 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 6:00 Broadway Theater
Closed LABOR DAY	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 12:00 MARSP 12:45 Cards 2:00 Huntington Support Group 4:00 League of Women Voters 5:00 PEO 6:00 Broadway Theater 7:00 Mid Michigan Woodcrafters	8:30 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 4:00 MOVE For Health 6:00 Broadway Th.
9:00 Video Exercise Group 10:00 Coffee and Conversation 10:00 Dulcimer Group 10:00 Quilts Of Valor 10:45 Gentle Exercise 11:30 Trivia/Word Search 12:45 Cards 1:00 Mahjongg 1:00 Faith Weavers 1:00 Hand Sewing Group 6:00 Orchard Glen Homeowners 6:00 Mountain Town Family Chorus	8:30 FOIS Board 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 6:00 Broadway Theater	9:00 FGSPSC Orientation 9:00 Video Exercise 9:30 Beg. Line Dancing 10:00 Chess Club and Coffee & Conversation 10:00 Second Sight Artists 10:45 Gentle Exercise 11:30 Trivia/Search 12:15 Ice Cream Sundaes 12:30 CMU Otaga 12:45 Cards 1:00 Second Hand Book Club 1:00 Happy Rippers 2:00 Simple Tai Chi 4:00 MOVE For Health 5:00 Parkinson's Support Group 6:30 NAMI Support Group
9:00 Video Exercise Group 10:00 Dulcimer Group 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:30 Trivia/Word Search 12:45 Cards 1:00 Caregiver Support Group 1:00 Mt. Pleasant Garden Club 1:00 Faith Weavers 1:00 Mahjongg 6:00 Broadway Theater 6:00 Mountain Town Family Chorus	10:00 Line Dancing 10:00 Beginner Tai Chi 10:00 QOV Sew-In 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 12:45 Cards 6:00 Braodway Theater 6:00 Mid-Michigan Quilt Guild 6:30 4H Committee Meeting	8:00 Happy Rippers 8:00 Mid Michigan Quilt Guild 9:00 Video Exercise Group 9:30 Beginner Line Dancing 10:00 Chess Club and Coffee & Convo 10:30 Coffee Hour w/ an Attorney 10:45 Gentle Exercise 11:30 Trivia/Word Search 12:00 Medicare Seminar 12:30 CMU Otaga 12:45 Cards 2:00 Simple Tai Chi 4:00 MOVE For Health
9:00 Video Exercise Group 9:00 Gerolyn's Sewing Group 10:00 Dulcimer 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	10:00 Commission Committee Meeting 10:00 Line Dancing 10:00 Beginner Tai Chi 10:30 Estate Planning Seminar 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 12:15 September Birthday Celebration 12:45 Cards 2:00 Connecting with Cards 6:00 Broadway Theater	9:00 Video Exercise Group 9:30 Beginner Line Dancing 10:00 Caregiver Training 10:00 Chess Club 10:00 Coffee & Conversation 10:45 Gentle Exercise 11:30 Trivia/Word Search 12:30 CMU Otaga 12:45 Cards 1:00 Happy Rippers 2:00 Simple Tai Chi 4:00 MOVE For Health 7:00 Nancy Carey Cancer Support Group

Thursday

Friday

Saturday

3 8:30 CMU Otaga 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 6:00 Broadway Theater 6:30 Isabella County Democratic Party	4 9:00 Collaborative Meeting 9:00 Video Exercise Group 10:00 Cofee and Conversation 10:45 Gentle Exercise 11:30 Trivia/Word Search 1:00 Bingo 2:00 Cards	5
10 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 FGPSCP Advisory Board 6:00 Broadway Theater 6:30 Community Cancer Service	11 8:00 Happy Rippers 9:00 Video Exercise Group 9:30 Jam Session 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:30 Trivia/Word Search 12:45 Cards 1:00 Ukulele Group	12 Saturday & Sunday 9:00 Happy Rippers
17 8:00 Stitchin Gals 8:30 CMU Otaga 9:00 FGPSCP Orientation 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 3:00 Faith Weavers 6:00 Broadway Theater 7:00 Mt. Pleasant Citizens Climate Lobby	18 9:00 Video Exercise Group 9:00 FGPSCP In-Service 9:30 Jam Session 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:30 Trivia/Word Search 1:00 Ukulele Group 1:00 Sacred Heart Book Club 1:00 Bingo 2:00 Cards	19 9:00 Charlene's Quilting Group 9:00 Central Michigan Daylily Society
24 Closed 	25 9:00 Video Exercise Group 9:30 Jam Session 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: "Queen Bees" 1:00 Ukulele Group	26 8:00 Mid Michigan Quilt Guild

SEPTEMBER

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.

September**2026****Milk/Dairy Provided with each meal****Suggested Donation \$3.00 Congregate, \$3.50 Home Delivered**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Marinara Rotini Bread Spinach Applesauce	2 Corn Chowder Bread Stick California Blend Mixed Fruit Yogurt	3 Roast Pork Dinner Roll Sweet Potato Brussels Sprouts Peaches & Pears	4 Creamy Swiss Chicken Bread Corn Garlic Mashed Potatoes Apple Crisp
7  No Meals Labor Day	8 Cabbage Roll Casserole Bread Carrots Tropical Fruit Gingersnap Cookie	9 White Chicken Chili Bread Stick Capri Blend Veg. Citrus Fruit Grape Juice	10 Turkey Reuben Sandwich Sweet Potato Wedges Peas & Carrots Banana	11 Chicken/Broc/Cheese Dinner Roll Baked Potato Mixed Vegetables Berry Fruit Cup
14 Baked Spaghetti Bread Stick Italian Green Beans Pears	15 Chicken Potato Bowl (Potatoes, corn and gravy) Clementine	16 BeefMozzarella Melt Bread Scalloped Potatoes Brussels Sprouts Pineapple Orange Juice	17 Turkey and Cheese Sliders Baked Potato Soup Tossed Salad Blueberry Crisp	18 Egg and Cheese Casserole Bread Redskin Potatoes Banana Cranberry Juice
21 Breaded Cod Dinner Roll Au gratin Potatoes Stewed Tomatoes Pineapple & Oranges	22 Pizza Casserole Garlic Toast Yellow Beans Peaches Cranberry Juice	23 Spanish Rice Dinner Roll Green Beans Mandarin Oranges Yogurt	24 Staff Training Day No Meals 	25 Turkey Loaf Dinner Roll Company Potatoes Beets Fruit Cocktail
28 Salisbury Steak Bread Whipped Potatoes Peas Strawberries	29 Swedish Meatballs Bread Whipped Potatoes Stewed Tomatoes Apricots	30 BBQ Chicken Breast Bread / Squash Corn & Lima Beans Chocolate Chip 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.**

Back to School Time! We always look forward to our Foster Grandparents getting back into the classroom. They make such a powerful impact for our children in our schools. Please tell your friends, neighbors and family to come check us out and see what happens here at the COA. We have many fun activities to participate in and also some great meals!

We will be closed for Labor Day on September 7th. Also, we will be closed on September 24th for our Staff Retreat Day!

Line Dancing every Tuesday at 10:00 am and Wednesday at 9:30 am
3 10:30 Music with Midnight Express!

4 1:00 Bingo

7 Closed

18 1:00 Bingo

24 Closed

25 10:30 Music with Barb & Greg!

1:00 Movie "Queen Bees" with Ann Margaret & James Caan

29 12:15 September Birthday Celebration

Weidman Friend of the Month*By: Volunteer, Sue Preuss*

As hard as it is to believe, Labor Day is right around the corner. And that, as we all know, seems to signal the unofficial end of summer. Hopefully everyone enjoyed their brief but very, very warm weather season. As we transition into Autumn the friends at the Weidman Senior Activity Center are gearing up for more indoor activities. More will be coming to the Sit and Get fit exercise classes. The group meets M, W and Fri from 10-11. It's a lot of fun and a simple but effective workout. Also, there's the change in the Food with Friends menu. As the temperatures drop, the menu will begin offering a bit heartier, stick to the ribs type meals. So, if you have any questions or would like to pre-order a meal, call Sandy Hunter, the site facilitator at 989 644-2538. The center is open M, W and Fri from 10-2. And, even if you aren't looking for a meal, or care to exercise, you are encouraged to stop by and join the group as they play dice games, work a jigsaw puzzle or simply enjoy a cup of coffee and chat with the gang! Whatever works for you, we hope to 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

Happy Labor Day!“Hard work should be rewarded by good food!”~Ken Follett

Come on over to Winn, we are a small, but mighty site! We serve lunch Mondays, Wednesdays and Fridays and we add in a little bit of crafting, music, and games, with a lot of LAUGHTER! We are also encouraging your spouse/significant others to join! We have a group forming and are always happy to add more!

Winn September Calendar

2 Music: Midnight Express, Nutrition Education

4 Craft Day: Wishing Well Flower Holder, Corn Hole!

7 Closed for Labor Day

9 Music: Al Bartholomew

11 Craft make up day: Lace Angels, Corn Hole

14 Craft day: Wall Planter

16 Music: Kevin Bendele

18 Craft make up day: Fall Wreath, Corn Hole

21 Craft: Twig and Water Can

23 Music: Steve, Jack and Becky

25 Craft: Crosses, Cornhole

28 Craft: Pinecones Mobil

30 Music: To Be Determined, Bingo/Uno

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

Looking for fun? Looking for something new to do? Join FWF and you'll find a variety of activities, plus a good meal. Hope to see you soon.

Rosebush September Calendar

2 Manicures/Nutrition Ed

4 Music/Paul Wilkinson

7 Closed for Labor Day

9 Craft/Card Making

11 Music/Jim Gilmore/Ice Cream Social

14 Bingo/Prizes

16 Music/mark DeNoyelles

18 Music/Greg Merwin

21 Music/Just the 2 of Us

23 Music/Kevin Bendele

25 Music/mark & Scott

28 Sing Along with Brian

30 Music/TBA

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

Shepherd September Calendar

4 Closed

7 Closed Labor Day

9 12pm Edward Jones – Laura Crawford (Discussing Future Planning)

11 Games/Cards Patriot Day Bingo

14 11:00 am Exercise, 12:45pm Carmel Slebodnik, Nutrition Program Manager, Commission on Aging

16 11am Fall Movie Vote: “Rudy” or “Grumpy Old Men” and Raisin Bread Day

18 Games/ Bingo

21 11am Chair Exercises 12:15pm Guest speaker Calm Cove Salt Cave- Holly

23 11am Senior Games with Prizes

25 September Birthday Celebration- Music TBA

28 11am Exercise 12pm Guest speaker: Kelly Lee, Volunteer Manager, Commission on Aging

30 Orange Shirt Day: Wear Your Orange Shirts for Leukemia, presentation on Leukemia Awareness

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

As we get into fall, and the kids are back in school, that might open more free time for you to join us! Come out for lunch and meet new friends! Weidman Senior Center is proud of our Cards for Soldiers project! We will start that again on October 9th this year and work on them every Friday through the end of November.

Weidman September Calendar

2 Nutrition Education

4 Music: Greg Merwin

7 Closed for Labor Day

9 Coffee, Conversation and Cookies

11 Movie and Popcorn!

14 Cards and Dice

16 September Birthday Celebration with Cake

18 Crafting: Clay and pressed flowers

21 Cards and Dice

23 Coffee, Conversation and Muffins

25 Corn Hole Toss (outside weather permitting)

28 Cards and Dice

30 Coffee, Conversations and a Treat!

**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, Sept 2	2 p.m.– 6 p.m.
Thursday, Sept 3	9 a.m. – 1 p.m.
Wednesday, Sept 9	2 p.m. – 6 p.m.
Thursday, Sept 10	9 a.m. – 1 p.m.
Saturday, Sept 12	9 a.m. – 12 p.m.
Wednesday, Sept 16	2 p.m.– 6 p.m.
Thursday, Sept 17	9 a.m. – 1 p.m.
Wednesday, Sept 23	2 p.m. – 6 p.m.
Thursday, Sept 24	9 a.m.– 1 p.m.
Saturday, Sept 26	9 a.m. – 12 p.m.
Wednesday, Sept 30	2 p.m. – 6 p.m.
Thursday, Oct 1	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 CCFEEDS.ORG

Free Stroke Screening

Strokes do not discriminate; they affect people of all ages, ethnicities, and backgrounds. Fortunately, many strokes are preventable, and you can take steps to reduce your risk. Begin by understanding the risk factors and find out how you stack up. Make your appointment today...it could save your life! You will leave the screening with your results and a plan of action provided by Grant McConaughy, FNP-BC.

Screening includes:

- Diabetes Screening
- Blood Pressure and pulse
- Body Mass Index
- Risk-reduction plan
- Results Counseling
- Full lipid profile, including total cholesterol, HDL, LDL, and triglycerides

A 12 hour fast is required for accurate results. Even though this is a fasting blood test, please take any morning medication as usual with unflavored water. Do not eat or drink anything other than unflavored water, this includes no coffee to prevent results from being inaccurate.

Tuesday, September 15 | 8:00 a.m. – 11:30 a.m.

McLaren Central Michigan (East Entrance)

1221 South Drive, Mt. Pleasant

Appointment required. Call (989) 779-5606 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 unflavored water. Do not eat or drink anything other than unflavored water, this includes no coffee to prevent results from being inaccurate.

Walk-in cholesterol screenings will be offered on the third Wednesday of each month | 7 a.m. - 10 a.m.

McLaren Central Michigan (Registration, East Entrance)

1221 South Drive, Mt. Pleasant

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



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, September 30th 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.

September 16th 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.

Huntington's Support Group

Tuesday, September 8th

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

FREE Mental Health Support Groups

Third Wednesday of each month

Wednesday, September 16th 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

Free Prostate Screening

Men 50+ and high-risk men 40-49 can benefit from this simple blood test. Complete a health questionnaire, get your blood drawn, and receive results within two weeks. Test results can be shared with physicians as requested. Pre-registration is required.

Friday, September 25 | 9:30 a.m. – 11:30 a.m.

Karmanos Cancer Institute at McLaren Central Michigan, Morey Cancer Center

1221 South Drive, Mt. Pleasant

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

Free Breast Screening

Screening for breast cancer will give you your best chance to identify cancer early. Women 40 years and older, without health insurance, and who have not had a mammogram in the past 12 months are eligible to participate in the free screening. The screening includes a clinical breast exam conducted by Stephanie Leslie, FNP and a free digital Mammogram.

Friday, October 9 | 9:00 a.m. – 11:30 a.m.

McLaren Central Michigan (Mammography West 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 (989) 779-5604 to schedule an appointment.

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

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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

Judy Boyd
Alisa Ellertson
Jim & Becky Hynes
Patricia Pickler

Mike Clark
Bernadette Sunderman

Bob Curtiss 
Rosemary Curtiss

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Joyce & Willard Seeley

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In Memory of for Activity Center

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

Active LIVING Really Needs Your Support

Thank you to everyone who donates to Active LIVING. As of August 6, we have received \$10,866. 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

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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.



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

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1-800-322-4512

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Send to: Friends of Isabella Seniors(COA)
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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.