

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

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.

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 (989) 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.

COA Director's Comments

Don't you just love fall? I sure do! Before I get into all the things that I love about it, I need to start this article off by saying that I hope that I am still cheering on our Detroit Tigers when you are reading this – if so, that means they made it to the playoffs this year! In fact, I hope that we get to cheer them on all the way through October – we could handle a World Series in 2026!

What else do I love about fall (besides Tigers Playoff Baseball)? I enjoy the cooler temps (aka Sweater Weather), enjoying my husband's apple cider fresh off the press, cheering on our favorite football teams, and seeing and hearing our sons' excitement around bow season and all the prep work and fun that they put into it!

October kicks off a very busy time here at the COA with Medicare Open Enrollment, which begins October 15th and runs through December 7th. Our staff and volunteers provide one-on-one assistance, helping individuals choose the plan that best suits their needs and financial situation. Navigating the Medicare system can be incredibly overwhelming and confusing. Please do not feel like you are alone and have to figure this out by yourself. We are so fortunate to have incredibly knowledgeable staff and volunteers who are here to help guide you through the process. Be sure to call our office, starting October 1st to schedule an appointment to ensure that you have the best plan for you.

With both my dad and husband serving our community as firefighters, fire prevention is very important to our family. I grew up celebrating National Fire Prevention Week, so it always comes to mind when October rolls around – this year it begins October 4th. I cannot stress enough just how important it is to have working smoke alarms throughout your home. Please check them now! Something so simple can truly be lifesaving! If you are in need of smoke detectors, many local fire departments provide and install them for free. You can also reach out to us for assistance.

If you enjoy a great cup of coffee, like many of us do, join us in celebrating International Coffee Day on Thursday, October 1st! Whether you prefer it black or loaded with all sorts of goodness, I hope you enjoy that cup (or two) to the fullest! We have the coffee pot brewing all day here at the COA (Monday-Friday: 8am-4:30pm), so come on in and have a cup with us!

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

Mission Moments

It's hard to believe we're entering fall – kids are back in school and the temps are steadily dropping. Fall is my favorite time of year, and I always look forward to the cooler weather and changing leaves. We've got a busy couple of months coming up here at Commission on Aging. In October, we'll head to Frankenmuth to kick off Holiday shopping and enjoy the famous all-you-can eat chicken dinner at the Bavarian Inn. We will also have our annual vaccine clinic with the Central Michigan Health Department on Thursday, October 22nd from 10-4 (see page 4). On October 27th, Dr. Garada will be returning for another free foot care clinic, no appointments necessary (see page 4). October 28th, the Louisell family will join us for our Halloween themed dance from 6-8pm, come out for a night of free fun and lots of pizza!

Our annual craft show will be held on Saturday, November 14th from 9am-3pm. This is a great opportunity to check off some more Holiday shopping and support many of our amazing local artisans! We'll be partnering with the American Red Cross again on November 18th for a blood drive – the need for blood is critical, so if you are eligible and able, please consider scheduling an appointment. More information is available on page 4.

Lastly, save the date for our special Holiday meals – Thanksgiving lunch will be served on Thursday, November 19th and Christmas will take place on Thursday, December 17th. More information to come for both of these exciting days! Thank you for being a part of our organization and we hope to see you soon!

Marcy Huntoon
Activity Program Manager



COA Caregiver Support Group

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

Caregiver Support Group - October 19th, 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.

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

SAVE THE DATE *COA Craft Show*

Saturday, November 14th

9 AM–3 PM

Featuring a unique collection of hand-made items by local artisans. The perfect place to purchase your holiday gifts!

Also featuring:
Quilt Raffle

Food items available for purchase from
11 am - 1 pm



Events & Classes at COA

Coffee Hour with An Attorney

This group will meet on the 4th Wednesday of ALTERNATE months. **No November meeting due to the Holidays. We will kick back off on Wednesday, January 27th, 2027.** 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, October 6th and 20th 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

"Fall Reflections"

Wednesday, October 7th, from 4:00 p.m. to 6:00 p.m.

\$25 per person (supplies included)

Let award winning television artist Steve Wood help develop the "artist" in you to create **"Fall Reflections"**. You don't have to be "born with the gift" to be a great painter. Remember "Anyone Can Paint" these pieces of art. Steve's methods are applicable to the beginner as well as the advanced painter. Create an 11" x 14" acrylic landscape painting in class. Contact COA at (989) 772-0748 to register. **Money and reservations due by Monday, October 5th - NO EXCEPTIONS. Checks made out to COA can be mailed to 2200 S. Lincoln Rd. Mt. Pleasant, 48858. Next class, Wednesday, November 4th**

Connecting With Cards

Tuesday, October 27^h 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.

Flu Vaccine Clinic

Central Michigan Distric Health Department will be offering Flu shots (COVID Vaccines will be based on availability) at Commission on Aging in Room B on **Thursday, October 22nd from 10:00am-4:00pm** - no appointment necessary. Must be 18 year or older, please bring ID and insurance card.

FREE Movie and Popcorn

"The Hill"

2 Hours 6 Minutes PG

The true story of Rickey Hill, the son of a travelling pastor who overcomes physical obstacles to pursue his dream of playing baseball in the major leagues.

Friday, October 23rd at 1:00pm in COA Room C.

Call Rhonda to make your reservation

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.**

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.

American Red Cross Blood Drive

We will again be partnering with the American Red Cross to host a blood drive on **Wednesday, November 18th 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).

FREE Footcare Clinic w/ Dr. Girada

Please join me on **Tuesday, October 27th from 11am-3pm** in Room B at the COA for a walk-in foot care clinic. Services include: Diabetic Foot Checks, Wound Assessments, Foot Pain Evaluations, and Nail and Callus Debridements.

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 October 21 - November 11. Class resumes November 18

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 October 20 - November 5. Class resumes November 10

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 October 20 - November 5. Class resumes November 10

Some Tai Chi experience recommended.

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

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.

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.

Line Dancing

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

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

Otaga Exercise Class

The Otaga Exercise Program provides a safe and healthy environment where participants work alongside student exercise trainers to improve their balance and reduce their risk of falls. This program is designed to be attended once weekly.

Wednesdays 12:30 to 1:30 p.m.

Thursdays 8:30 to 9:30 a.m.

To sign up call or email: CMU College of Medicine

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

CMU DPT MOVE For Health!

For people with Parkinson's Disease, MS, or anyone who wants to improve their daily activities. Join us for group and one-on-one exercise session led by second year CMU Doctor of Physical Therapy students under team of licensed PT supervision.

Wednesdays 4:00-5:00 p.m.

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 mjerome@isabellacounty.org

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

Trip is FULL - please call for waitlist

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.

Welcome CMU Social Work Intern

Hello! My name is Katherine Hotaling, from Grand Rapids Michigan, and I have the opportunity to be a student intern here at the COA. I am currently a senior at Central Michigan University. I am studying social work along with minors in both psychology and American Sign Language. I plan to graduate in May of 2027 and hope to then pursue a Master's Degree in Social Work. Outside of school, I enjoy playing volleyball, reading, and spending time with friends and family. I am so excited to learn more about the social work profession during my time at the COA and cannot wait to meet everyone. If you see me, please say hi, and maybe give me a book recommendation if you have one!



COLLEGE OF LIBERAL ARTS
& SOCIAL SCIENCES
SOCIAL WORK
CENTRAL MICHIGAN
UNIVERSITY



Ganiard School/ West Side Reunion at The COMMISSION ON AGING



2200 South Lincoln Road
Phone: 989-772-0748



**Wednesday
October 21, 2026
10:00 a.m. to 2:30 p.m.**

***Morning Coffee and Tea**

***Refreshments & LUNCH**

***Come and go as you can!**

***MAKE PLANS TO COME and BRING A FRIEND!!**

**Hope you are
Free for this
Free Event!!**

**Neighbors,
Friends, Alumni,
Retired School Staff!**

*****Historical Information ???
(Do you have photos?)
Old West Side Businesses
+ Interesting Home Construction**

***Ganiard History Project DVD (20 minutes) will be shown at
11:00 a.m. and 1:00 p.m. in 1/2 of the room**

Scholarship Update will make you proud!

**Sponsored by : Area Businesses
: Ganiard History Project**

Questions? Ganiardhistory08@gmail.com

**Val Walters, Coordinator
4795 East Broadway, Mt. Pleasant, MI 48858**



Community Events

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, October 13, 2026 at the Commission on Aging, 2200 S. Lincoln Rd., Mount Pleasant.** Lunch will be served first, (\$7.00). We have invited politicians that are running for office to come and talk.

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, October 9th with your reservation for lunch and/or seat for the meeting.

Women Who Care Isabella

Women Who Care Isabella is hosting its 3rd Giving Circle of the year on **Wednesday, October 14, 2026 at Cheers Neighborhood Bar & Grill (1700 W High St) from 7:00 pm to 8:00pm.** All are welcome to attend and donate to a local non-profit. Visit <https://tinyurl.com/wwcisabella> for information on our group and membership details.

Chippewa Valley Audubon Club

The Chippewa Valley Audubon Club will meet **October 14th, 7 PM at Veterans Memorial Library.** Greg Bodker, club member, will discuss his recent birding trip to Barrow, Alaska which is the most northern city in the USA and included 24 hrs of sunlight.

Greg will show us some shorebird breeding behavior that we miss here in Michigan. Plus, Jaegers, Eiders, Snow Buntings and more that are all in breeding plumage.

Isabella County Historical Society

The Isabella County Historical Society October 2026 meeting will be a special event for members only. But, we look forward to welcoming the entire community to our **November 3rd meeting at 7:00 p.m.** in the Commission on Aging Craft Room. Clyde Dosenberry will give a presentation on Doozies.

Sacred Heart Book Discussion Group

Movie day at the Commission on Aging
1:00 PM on the following Fridays in Room A
In memory of Bob Brady

October 16 - St. Maria Soldad Foundress of the Sisters Servants of Mary - 110 minutes

November 20 - Father Stu -120 minutes

December 18 - The Bells of St. Mary's -126 minutes

Please join us at Sacred Heart Church
October 25, 26, 27 - 6:30-8 PM
for our Sacred Heart Parish Mission with Fr. Leo Patalinghug
Check him out on platingrace.com
Please mark your calendars

YOUR VOTE IS YOUR POWER

In a democracy, every voter has a voice in how government works. Historically, citizens have not always been motivated to vote during midterm elections. However, local officials make decisions that impact our daily lives. Voting for officials who will lead our city, county, and state is just as important as voting for officials who will lead our country.

PREPARE TO VOTE

Are you registered to vote at your current address? Do you want to request an absentee ballot?
Visit the MICHIGAN VOTER INFORMATION CENTER at mi.gov/vote.

BE AN INFORMED VOTER

A Nonpartisan Voter Guide will be published by the League of Women Voters. It includes information about candidates and ballot measures. The print guide will be available at the end of September. The digital guide will be available at VOTE411.org.

VOTING OPTIONS

- Vote Early in person between Oct. 24 and Nov.1.
Find times and locations at the Isabella County Clerk's website.
- Vote in Person on Election Day, Nov. 3, at your designated polling place.
Polls will be open from 7 am to 8 pm.
- Vote Absentee
Return your completed ballot as soon as possible. You may use a Dropbox.
Ballots must reach the clerk by 8 pm on Nov. 3.

YOUR VOTE IS YOUR VOICE, USE IT!

Food with Friends LunchMonday thru Friday at **11:45 a.m.**in **Activity Room C**

See our Menu on page 10



9:00 Video Exercise Group 5 10:00 Coffee and Conversation 10:00 Dulcimer Group 10:00 Quilts of Valor 10:30 Music w/ Matt Schafer 10:45 Gentle Exercise 11:30 Trivia/Word Search 12:45 Cards 1:00 Mahjongg 1:00 Faith Weavers 1:00 Hand Sewing Group 5:15 Human Rights Committee 6:00 Broadway Theater 6:00 Mountain Town Family Chorus	10:00 Line Dancing 6 10:00 Needlecraft Meeting 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	9:00 Video Exercise Group 7 9:30 Beginner Line Dancing 10:00 Chess Club 10:30 Coffee and Convo 10:45 Gentle Exercise 11:30 PEO 12:00 COA Advisory Board Meeting 12:30 Mindfulness Basics w/ MSU Extension 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 Anyone Can Paint 4:00 MOVE For Health 6:00 Broadway Th.
9:00 Video Exercise Group 12 10:00 Coffee and Conversation 10:00 Dulcimer Group 10:00 Quilts Of Valor Sew-In 10:45 Gentle Exercise 11:30 Trivia/Word Search 12:45 Cards 1:00 Mahjongg 1:00 Faith Weavers 6:00 Orchard Glen Homeowners Board Mtg 6:00 Broadway Theater 6:00 Mountain Town Family Chorus	10:00 Commission Committee Meetings 13 10:00 Line Dancing 10:00 Beginner Tai Chi 10:00 Needlecraft Meeting 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 12:00 MARSP 12:45 Cards 2:00 Huntington Support Group 4:00 League of Women Voters 5:00 PEO 6:00 Broadway Theater 6:30 West Union Condo Assoc. 7:00 Mid Michigan Woodcrafters	8:30 Heartland Basket Weavers 14 9:00 Zoning Board of Appeals 9:00 Video Exercise 9:30 Beg. Line Dancing 10:00 Chess Club 10:30 Coffee & Convo 10:45 Gentle Exercise 11:30 Trivia/Search 11:30 PEO 12:15 Root Beer Floats 12:30 CMU Otaga 12:45 Cards 1:00 Happy Rippers 1:00 Between the Covers Book Club 2:00 Simple Tai Chi 4:00 MOVE For Health 5:30 Welcome Table 6:00 Broadway Theater
9:00 Video Exercise Group 19 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 Mountain Town Family Chorus	8:30 FOIS Board Meeting 20 10:00 Line Dancing 11:30 Trivia/Word Search 12:45 Cards 2:00 Computer/Tech Class 5:00 Board of Commissioners Meeting 	9:00 Video Exercise Group 21 9:30 Beginner Line Dancing 10:00 Second Sight Artists 10:00 Chess Club 10:30 Coffee & Convo 10:45 Gentle Exercise 11:30 Trivia/Word Search 12:30 CMU Otaga 12:45 Cards 1:00 Secondhand Book Club 1:00 Happy Rippers 4:00 MOVE For Health 5:00 Parkinson's Support Group 6:30 NAMI Support Group
9:00 Video Exercise Group 26 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 6:00 Orchard Glen Homeowners Mtg 6:00 Mountain Town Family Chorus	10:00 Commission Committee Meeting 27 10:00 Line Dancing 11:00 FREE Footcare Clinic 11:30 Trivia/Word Search 12:45 Cards 2:00 Connecting with Cards 4:00 Isabella County Child Advocacy 6:00 Mid Michigan Qulit Guild 6:00 4H Committee Meeting	8:00 Mid Michigan Quilt Guild 28 9:00 Video Exercise Group 9:30 Beginner Line Dancing 10:00 Chess Club 10:30 Coffee & Conversation 10:45 Gentle Exercise 11:30 Trivia/Word Search 12:30 CMU Otaga 12:45 Cards 1:00 Happy Rippers 6:00 Halloween Dance 7:00 Nancy Carey Cancer Support Group

Thursday

Friday

Saturday

1 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	2 9:00 Collaborative Meeting 9:00 Video Exercise Group 9:00 SCP Training 9:30 Jam Session 10:00 Cofee and Conversation 10:45 Gentle Exercise 11:30 Trivia/Word Search 1:00 Bingo 1:00 Ukulele Group 2:00 Cards	3 
8 8:00 Med D Volunteer Training 8:30 CMU Otaga 10:00 Coffee and Conversation 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 12:45 Cards 3:00 Hula 4:30 VA Committee Meeting 6:00 Broadway Theater 6:00 Planning Commission 6:30 Community Cancer Service	9 9:00 Gold Key Breakfast 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	10 8:00 Mid Michigan Quilt Guild 8:00 Lions Club
15 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 3:00 Planning Commission 6:00 Broadway Theater 7:00 Mt. Pleasant Citizens Climate Lobby	16 9:00 Video Exercise Group 9:30 Jam Session 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:30 Trivia/Word Search 12:00 McLaren Hip & Knee 1:00 Ukulele Group 1:00 Sacred Heart Book Club 1:00 Bingo 2:00 Cards	17 9:00 Charlene's Quilting Group 9:00 Central Michigan Daylily Society 
22 8:00 Stitchin' Gals 8:30 CMU Otaga 10:00 Vaccine Clinic 10:00 Coffee and Conversation 11:30 Trivia/Word Search 12:15 October Birthday Celebration 12:45 Cards 3:00 Hula	23 9:00 Video Exercise Group 9:00 FGPSCP In-Service 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: "The Hill" 1:00 Ukulele Group	24
29 8:00 Happy Rippers 8:30 CMU Otaga 10:00 Coffee and Conversation 11:30 Trivia/Word Search 12:45 Cards 3:00 Hula 	30 8:00 Happy Rippers 9:00 Video Exercise Group 9:30 Jam Session 10:00 Halloween Celebration 10:45 Gentle Exercise 11:30 Trivia/Word Search 1:00 Halloween Bingo 1:00 Ukulele Group 2:00 Cards	31 Saturday & Sunday 8:00 Happy Rippers 

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.

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Breakfast Pizza Citrus Fruit Yogurt	2 American Goulash Bread / Spinach Peaches Apple Raisin Cookie
5 Tuna Salad Croissant Multi Bean Salad Strawberries Juice	6 Tomato Basil Soup Grilled Cheese Sandwich Clementine Spinach side salad Cranberry Juice	7 Autumn Chicken Garlic Bread Knot Whole Sweet Potato Brussels Sprouts Cinnamon Apple Sauce	8 Chicken and Stuffing Casserole Carrots Pineapple Gelatin	9 Pork Chop / Bread Garlic Mashed Potatoes Green Beans Pineapple Tidbits Apple Juice
12 Lemon Baked Chicken Bread Cheesy Mashed Potatoes Brussels Sprouts Pears	13 Turkey Burger Coleslaw Succotash Blend Tropical Fruit	14 Chop Suey Brown Rice Bread Broccoli Pineapple & Oranges	15 Cranberry Chicken Spinach Salad Bread Honeydew/Cantaloupe Strawberry Yogurt Figaroo Fig Bar	16 Beef Stroganoff Bread Prince Charles Blend Apple Crisp
19 Corn Chowder Cheese Breadstick Carrots Mixed Fruit Cup Yogurt	20 Hawaiian Pork Bread Brown Rice Kyoto Vegetable Apricots	21 Mesquite Chicken Breast Bread Mixed Vegetables Baked Sweet Potatoes Citrus Fruit Cup	22 Hot Turkey Sandwich Whipped Potatoes Peas & Carrots Baked Apples	23 BBQ Meatloaf Bread Parslied Potatoes Stewed Tomatoes Peaches and Pears
26 Beef w/Sweet Peppers Bread Scalloped Potatoes Corn Fruit Cocktail	27 Roast Pork Bread Company Potatoes California Blend Chocolate Pudding	28 Cabbage Roll Casserole Bread Peas Mandarin Oranges Gingersnap Cookie	29 Beef Noodle Soup Biscuit Banana String Cheese Cranberry Juice	30 Creamy Swiss Chicken Bread Whipped Potatoes Peas Applesauce

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 we are... heading into Fall!

The fall colors will be coming alive and then the winter cold will be upon us... so why not plan on coming into the COA for a hot meal, exercise, or to learn something new, like Line Dancing or Tai Chi.

This month we have many things planned for your enjoyment. There will be music with Midnight Express on 10/1 at 10:30 am and Barb and Greg on 10/23 at 10:30 am. The music is wonderful and they all do a spectacular job! It will get you up and dancing as well as singing along. We will also have a new musician performing for us, his name is Matt Schafer and he will be here on 10/5 at 10:30 am.

There will be a Senior Dance (Halloween Themed) on 10/28 from 6-8 pm and we will have a Halloween Celebration in Room C on 10/30 starting at 10:00 am and Halloween Bingo at 1 pm.

October Calendar

10/2 Bingo 1:00

10/14 Root Beer Floats 12:15

10/16 Bingo 1:00

10/22 October Birthday Celebration 12:15

10/23 Movie: 'The Hill' with Dennis Quaid

Food With Friends

Punch Cards

\$15.00 for 5 meals

\$30.00 for 11 meals

**The punch cards can be
purchased at COA**

ROSEBUSH

Rosebush Presbyterian Church
3914 N. Mission Rd., Rosebush

Meals M, W. F 9:30 am - 1:30 pm

Jennie Brussow, Site Facilitator

989-433-0151

rosebushfoodwithfriends@gmail.com

Join us at our NEW location! Announcing the exciting news for Rosebush, the meal site is moving to the Rosebush Presbyterian Church located at 3914 North Mission Road, Rosebush, Michigan 48878. We will be open 9:30 a.m. until 1:30 p.m. Monday, Wednesday and Friday starting October 2nd! We were previously located at Rosebush Manor.

We would love you to join us! We have so many fun activities planned, and lunch will be served at noon!

Please call ahead for reservations, at least 24 hours in advance, Jennie Brussow 989-433-0151. We will be having an open house in November to showcase our new space, but for now, just come in and check it out!

Rosebush October Calendar

2 Coffee and Conversation, Muffins!

5 Puzzle/Nutrition Education

7 Cards/Games

9 Donuts and Cider

12 Bingo!

14 Coffee and Conversation, Topic: Fall Traditions

16 Cards

19 Corn Hole!

21 Coffee and Conversation with Cookies

23 Cards/Games

26 Exercise

28 Pumpkin Carving

30 Halloween Party, dress up for a prize!

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

It's always a great day at the Shepherd Meal Site! Please join us for fun, activities, movies, speakers and so much more! Happy Halloween Month! Come celebrate all month to enjoy the season!

Shepherd October Calendar

2 Guest Speaker: Senior Advantage

5 11:00 am Exercise / 12:00 Nutrition Education

7 Fall Movie

9 11:00 am Card Games / 12:00 Bingo

12 11:00 Chair Exercise / 12:15-Farmer's Day

14 11:00 Wii Bowling

16 11:00 am Games 12:00 Guest Speaker: Jennifer Crawford,

Executive Director for Commission on Aging

19 11:00 am Balance Exercise, 11:30 am Music: Al Bartholemew

21 11:00 Games, 12:15 Music: Greg Merwin, October Birthdays

23 12:15 Bingo!

26 11:00 Exercise, National Pumpkin Day, Pumpkin Painting

28 11:00 Movie "It's the Great Pumpkin Charlie Brown"

12:30 Games

30 11:00 Halloween Party, Dress in your Best Costume for the contest!-Guest: Kathy from the Shepherd Historic Society

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

"You are too cute to spook, Happy Halloween to the cutest pumpkin in the patch!" Come join us at Winn Community Center for crafts, music, games and so much more! Come join us for crafts! Bring your partner and enjoy the games and laughs along with a great meal!

Winn October Calendar

2 Fall Crafts Start (Leaf Bowls)/Corn Hole

5 Fall Craft (Wreath)/Nutrition Education

7 Music: Midnight Express/Nutrition Education

9 Craft (Halloween Decoration)/Corn Hole

12 Craft (Halloween Tree)

14 Music: Kevin Bendele/Story Telling

16 Craft Makeup Day/Corn Hole

19 Craft Mason Jar Center Pieces

21 Music: To Be Announced

23 Pumpkin Carving

26 Decorating for Halloween

28 Halloween Party/Games, Treats, Music: Greg Merwin!

30 Decorating for November!

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

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

The year is just flying by! We will continue to write out Christmas cards for our US Soldiers. We supply the cards and pens, we just need writers! We enjoy thanking them for their service. We will be making Halloween signs on the 21st out of popsicle sticks, something nice to put on your refrigerator! Come join us for a delicious lunch! Call Sandy for reservations!

Weidman October Calendar

- 2 Music: Greg Merwin
- 5 Cards/Dice
- 7 Nutrition Education and Baking!
- 12 Cards/Dice
- 14 October Birthdays with Cake!
- 16 Christmas Card Writing
- 19 Cards/Dice
- 21 Halloween Mini Signs, Craft
- 23 Christmas Cards
- 26 Cards/Dice
- 28 Coffee, Conversation and Muffins
- 30 Christmas Cards

**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, September 30	2 p.m. – 6 p.m.
Thursday, October 1	9 a.m. – 1 p.m.
Wednesday, October 7	2 p.m. – 6 p.m.
Thursday, October 8	9 a.m. – 1 p.m.
Saturday, October 10	9 a.m. – 12 noon
Wednesday, October 14	2 p.m. – 6 p.m.
Thursday, October 15	9 a.m. – 1 p.m.
Wednesday, October 21	2 p.m. – 6 p.m.
Thursday, October 22	9 a.m. – 1 p.m.
Saturday, October 24	9 a.m. – 12 noon
Wednesday, October 28	2 p.m. – 6 p.m.
Thursday, October 29	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

Weidman Friend of the Month

By: Volunteer, Sue Preuss
It's been said that a lot of fun things happen at the Weidman Senior Activity Center and in late August we had the most delightful example of that occur. Walt & Sandy Ellis, longtime friends of the center celebrated their 65th wedding anniversary with us. It was a great time with the group enjoying cake and lemonade as Walt & Sandy shared memories and stories of their amazing journey. Not many couples get to have such a milestone and they wanted to celebrate it on a low key note. So, the activity room was simply decorated with a few balloons and a banner as everyone chatted and enjoyed their reminiscing tales. Walt and Sandy said they had a wonderful time doing it that way as the people they have met at the center started as acquaintances but have grown to be friends that are like extended family. So, take note, the fun and friendship described in the monthly article is a genuine experience and we hope to have many more come join us soon. Although it not a structured schedule, the group has gotten into a routine of Sit and Get Fit exercise from 10-11am and then enjoying games, puzzles, etc. until lunch is served at noon. After the meal, there is a variety of crafts, guest entertainment or just plain coffee and conversation - even with fresh baked goodies straight from the oven served occasionally. However, this is NOT a set activity schedule and everyone is invited and encouraged to stop by and share thoughts and ideas of new and different ways of fun and entertainment. If you have any questions or would like to pre-order a meal, call Sandy Hunter the site facilitator at (989) 644-2538. Located at the south end of the Sherman Twp Library, the center is open M, W and Fri from 10-2. See you soon!



COA Closing Information

Once again, it is nearing that time of year with snow falling and roads becoming snow covered or icy. The Commission on Aging takes our volunteers into consideration during bad weather.
As a basic rule, if Mt. Pleasant schools are closed due to weather, we are closed. We post our closings/cancellations on the following TV stations: ABC 12 , NBC 25, CBS WNEM 5.
All meals – congregate and home delivered, as well as all COA sponsored activities, events, and fitness classes will be canceled. We usually post the information as early as possible, however sometimes schools close without much notice or later in the day.
If you have any questions about meal delivery, please call 989 772-0748.

Nancy Carey Cancer Support Group

Our regular monthly meetings are always on the last Wednesday of the month at the Commission on Aging. You are invited to come to our next meeting on **Wednesday, September 30th and October 28th 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.

October 21st 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, October 13th

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, October 21st 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**

Explore Treatment Options for Hip and Knee Arthritis

Arthritis or simply years of use may damage joints, causing symptoms of pain. If you are experiencing joint pain, stiffness or swelling that makes it difficult to walk, climb stairs or limits everyday activity, join orthopedic surgeon Ryan Lilly, MD to learn about options for relief. Learning about treatment options can ease anxiety and provide the knowledge necessary to help you make the best decision possible to improve or maintain your quality of life. Non-operative management as well as knee and hip replacement surgery will be discussed.

Friday, October 16 | 12:00 noon - 1 p.m.

Isabella County Commission on Aging

2200 S. Lincoln Road, Mt. Pleasant

Call (989) 779-5606 to register.

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.

Free Balance Screenings

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

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

McLaren Central Michigan, Rehabilitation Services

2600 Three Leaves Drive, Mt. Pleasant

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

Free 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.

Active Living Donors

Denise Abbey	Jean Jones
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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

Linda Bower & Sue Lackie
Don & Gloria Moeggenberg

Betty Hafer
Marcy L. Kenny

Roy Hafer
Marcy L. Kenny

Esther Kenny
Marcy L. Kenny

Dan & Mary Lackie 
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For In-Home

Lisa Voss
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For Food w/ Friends

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Dolores Cluley-Lockwood

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Don & Gloria Moeggenberg

Walter & Agnes Zawacki
Don & Gloria Moeggenberg

For Active Living

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Jennifer Caldwell

Reynolds Campbell Family
Betty Campbell

Joyce Clark
Kathy Fransted

Charles Dodge – Veteran
Sharon Dodge

Pat Herron
Neil & Linda Hopp

Larry Kniffin
Neil & Linda Hopp

Donna & Rich Parr
Anonymous

Delia Mae Petoskey
Neil & Linda Hopp

Active LIVING Really Needs Your Support

Thank you to everyone who donates to Active LIVING. As of September 6, we have received \$11,166. 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:

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Active LIVING

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COA Activity Center

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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.



LEGAL SERVICES
of Eastern Michigan

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



PRACTICE AREAS

Simple Wills Powers of Attorneys Ladybird Deeds
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SERVING

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CALL FOR HELP TODAY

1-800-322-4512

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

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

Please make checks payable to:
Friends of Isabella Seniors

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

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

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

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