

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

CRAFT Show

SATURDAY, NOVEMBER 14TH
9:00AM-3:00PM

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

2200 S. LINCOLN RD.
MT. PLEASANT



QUILT RAFFLE!

DRAWING NOVEMBER 14
AT THE COA CRAFT SHOW



97"x77"



Comfort Quilt



Wall
Hanger

TICKETS
\$1 OR 6-\$5

3 WINNERS
QUILTS CHOSEN IN
ORDER OF DRAWING

Pre-purchase tickets at COA
or purchase at the Craft Show!
Saturday, November 14 9am - 2pm
Winners drawn at 2

PROCEEDS BENEFIT:
FRIENDS OF
ISABELLA SENIORS



Gold
Key
Volunteer Program

Reg. #: X16550

COA Director's Comments

"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessing." ~ William Arthur Ward

With November being the month of Thanksgiving, there's no better time than now to focus on being thankful and practicing gratitude. Gratitude is merely being grateful and appreciating the things in our lives. Intentionally living with a grateful heart can have such a profound impact on you and those around you. According to UCLA Health, it can improve your mental health by reducing stress and combatting anxiety and depression; it can improve your physical health; and it can also strengthen your relationships by rewiring your brain to focus on the positives.

Living with a grateful heart is something that I intentionally work on. While I understand there are a lot of tough things that we are all battling in our lives, there are also a lot of positives... if we choose to see them. If you struggle to see the positives, start small by thinking of three good things in your life each day. It could be a warm cup of coffee or a supportive friend. Reflecting on those notes of the things you are thankful for can help make the gloomier days feel brighter. Focusing on the positives is a true mind shift, but what a wonderful gift to yourself and your loved ones.

Speaking of something I am thankful for... I would like to say a very special thank you to all of our wonderful Veterans, past and present, for sacrificing more than can be expected of anyone so that we can enjoy the freedoms we, as a nation, are so fortunate to have. I hope that you feel the love and gratitude from all of us this Veteran's Day and every day!

On behalf of our COA Family, we wish you a wonderful Thanksgiving. Please know that we are truly grateful for all of you, and it is our great honor to be of service to you.

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



H a p p y
Thanksgiving

Let's enjoy a Thanksgiving dinner and Music by Midnight Express!

NOVEMBER 19TH

Thursday

**Music at 10:30 am,
lunch served at 11:45 a.m.**

Isabella County Commission on Aging

**RSVP to Rhonda Burke
989-772-0748**

**CMU Doctor of
Audiology Students
Provide:**

NO-COST HEARING AID CLEANINGS



WHEN:
Friday,
12/4/2026
1:30-3:30 PM

**Where: Isabella County
Commission on Aging**



The students will be supervised by a licensed audiologist during the duration of the event. Any recommendations for further hearing aid services will be referred back to each participant's practicing audiologist.

Mission Moments

As the holidays approach and the year comes to an end, it is important to reflect on what we should be grateful for. It is amazing to know what an impact our staff and volunteers can make, when a community comes together to make a difference in the lives of those we serve. We have so many things to be thankful for.

- **Friends:** Those whose laughter lingers through the halls, who come and do our daily check ins and help to keep us on track. Those that work together to make sure that there is always someone available to talk to, when someone needs a helping hand, or a question that needs answered. This year our In-Home staff returned over 1,200 calls to the general public regarding services, unmet needs and resources available in our area. This was in addition to their current active clients who receive in-home care.
- **Family:** Those that we can count on to help us unpack our day and to make sure we have the right mindset when looking towards tomorrow. The love, the compassion and the willingness to stand by our side, when we need a listening ear.
- **Personal Care/Respite Care Aids:** Who provide compassion and care to those who need a safe space, time away, and assistance with their activities of daily living. This year our aides helped to provide personal care to 56 clients, respite care to 30 caregivers with a combined total of 4,186.50 service hours.
- **Our Homemaker aids:** Who provide companionship and cleanliness to ensure the health, safety and dignity of the older adults that we serve. This fiscal year they helped to provide 3,249.75 hours of service to 217 clients in Isabella County.
- **Food:** Those home-delivered meals that provide not just nutrition but a friendly smile to greet their guests at the door. A volunteer to check their mail and to help clients and caregivers who cannot get out, a warm meal and a friendly face to help brighten their day. This year we helped 435 seniors to receive a home delivered meal and a reassurance that there was someone stopping by to look out for them.
- **Volunteers:** "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." ~ Margaret Mead. To the volunteers who live to serve and who we could not function without, your time and dedication are so very much appreciated. Last year our volunteers helped to review 417 Medicare Plans and helped saved our Medicare beneficiaries \$235,731.39. Without you, none of this would be possible.

Mission Moments Continued..

- **Case Managers:** Whether it be through the rain, snow, sun or shine, our case managers conducted 871 home visits to older adults in our community to make sure that their needs were met. Our case managers provide a listening ear, referrals for outside agencies and an immeasurable amount of time, knowledge and dedication to those that they serve.

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



MEDICARE PART D OPEN ENROLLMENT

The Commission on Aging is now taking calls to schedule Medicare Part D appointments. 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. 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.



**Daylight Savings Time
ends on Sunday,
November 1. Be sure to
turn your clocks back
one hour.**

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, November 3rd and 17th 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

"Stepping Through the Flowers"

Wednesday, November 4th, 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 **"Stepping Through the Flowers"**. 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, November 2nd - NO EXCEPTIONS. Checks made out to COA can be mailed to 2200 S. Lincoln Rd. Mt. Pleasant, 48858. Next class, Wednesday, December 2nd**

Connecting With Cards

No class until January 2027. Happy Holidays!!

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.

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).

COA Caregiver Support Group

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

Caregiver Support Group - November 16th, 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.

FREE Movie and Popcorn

"The Shack"

2 Hours 12 Minutes PG-13

The Shack follows Mack Phillips, a grieving father who, after a devastating family tragedy, receives a mysterious invitation to a secluded cabin deep in the Oregon wilderness. There, he meets three enigmatic figures representing divine love, wisdom, and spirit, who guide him through questions of faith, grief, and forgiveness. Viewers may appreciate its emotional tone, strong performances, and themes of healing, though reviews note mixed critical reception despite box office success.

Friday, November 20th at 1:00pm in COA Room C.

Call Rhonda to make your reservation

Ice Cream Sundaes

Join us on Wednesday, November 18th at 12:15 in Room C for FREE Ice Cream Sundaes!

COA Christmas Party

Save-the-date for our annual COA Christmas lunch and party Thursday, December 17th - lunch will be served at 11:45 a.m. Also featuring Karaoke with Mid-Michigan Music Man - DJs Chad and Rob starting at 12:30 until 2:30 p.m. More information to come next month for our COA Christmas Spirit week December 14th-18th.



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 experience necessary, new participants welcome!

Next Level Tai Chi (Yang 24 and Tai Chi for Energy)

Tuesday & Thursday 11:30 a.m.-12:30 p.m. in Fitness Room.

Some Tai Chi experience recommended.

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

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.

No Class November 11, 26 or 27

CMU Winter Break December 21 - January 8

Water Aerobics

Tues., Wed., Thurs.

9:05-10:05a.m.

Instructor: Mary Alsager

Aqua Zumba

Monday & Friday

9:05-10:05 a.m.

Instructor: Angela McGuirk

Video Exercise Group

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

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

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.

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

To sign up call or email: CMU College of Medicine

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

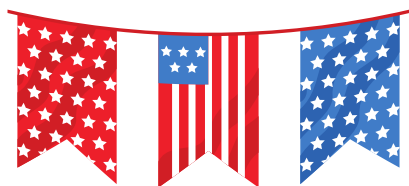
CMU DPT MOVE For Health!

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

Wednesdays 4:00-5:00 p.m. through December 2nd

No class October 28th or November 11th

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



Thank You, Veterans

With heartfelt gratitude, we honor all who have served our country. Thank you for your courage, sacrifice, and dedication. The Isabella County Commission on Aging will be closed Wednesday, November 11th, in observance of Veterans Day.

Incontinence Supplies Available

The Isabella County Commission on Aging is able to store incontinence supplies for those who may be in need. We understand that these supplies can be expensive and difficult to obtain, when you are on a limited income. It is recommended that you first check with your insurance to see if it may be able to cover the cost. If a person is uninsured or underinsured and needs supplies, you may contact the Commission on Aging at (989)772-0748, to see if the size is available and we will provide these to you, as well as other items, at no cost. Please note that these incontinence supplies have been generously donated by the community and we may not be able to guarantee that all sizes are in stock. It is strongly recommended that you call ahead to see if the items you need are available for pick up.

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



SHEPHERD/WINN COMBINED CRAFT DAY

NOVEMBER 20TH, 2026

**SHEPHERD MEAL SITE: SHEPHERD
UNITED METHODIST CHURCH 107
WRIGHT AVE**

CRAFT:
VINTAGE
CANS WITH
FLOWERS

CALL TAMMI AT 989-866-2520 OR LEANN AT 989-828-5106 TO RESERVE YOUR SPOT FOR LUNCH AND THE CRAFT!

LUNCH IS SLOPPY JOE/BUN
AND DELICIOUS SIDES !

★

THE CENTRAL MICHIGAN AREA CONCERT BAND

SUNDAY NOVEMBER 8TH AT 3PM

VETERANS DAY

CONCERT

MOUNT PLEASANT
PERFORMING ARTS CENTER
MOUNT PLEASANT HIGH SCHOOL

★

DONATIONS TO BENEFIT COMMUNITY CANCER SERVICES

Welcome CMU Social Work Intern

Hi! My name is Sophie Luchinsky, and I am a Senior Social Work Major at Central Michigan University! I love to go outside and walk, read books before they turn them into movies or shows, and hang out with my friends as every college kid does. I am originally from Plymouth, Mi, and still there I have my parents, dog, and older sister. I love going home to see my family and especially love Thanksgiving when I go to Maryland to see the rest of my family. I also love nature, especially flowers and ladybugs. I am super excited to be here this year and look forward to what is to come!



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

November 20 - Father Stu -120 minutes

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

Chippewa Valley Audubon Club

The Chippewa Valley Audubon Club will meet **November 11th at 7 P.M. at the Veterans Memorial Library**, and Kristy Taylor, from Michigan Audubon Society will be the featured speaker. She will discuss Michigan Audubon tour offerings, ongoing bird research and toolkits, birding opportunities at Whitefish Point and Michigan Audubon Sanctuaries in the state.

Isabella County Historical Society

The Isabella County Historical Society meeting will take place **November 3rd at 7:00 p.m.** in the Commission on Aging Craft Room. Clyde Dosenberry will give a presentation on Doozies.

AARP Tax Aide Volunteers Needed!

The COA, in partnership with AARP, are looking for tax preparation volunteers for the upcoming season. All training is provided throughout the month of January. Tax preparation runs February-April. Please contact Kelly with our Gold Key Program if you are interested in volunteering!



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!**

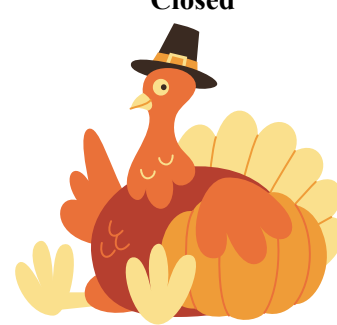
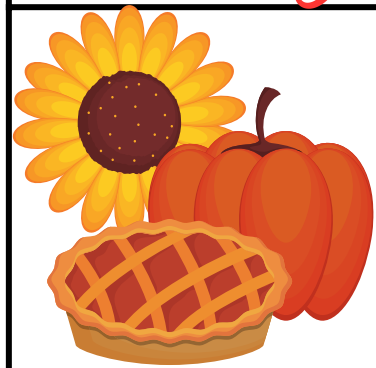
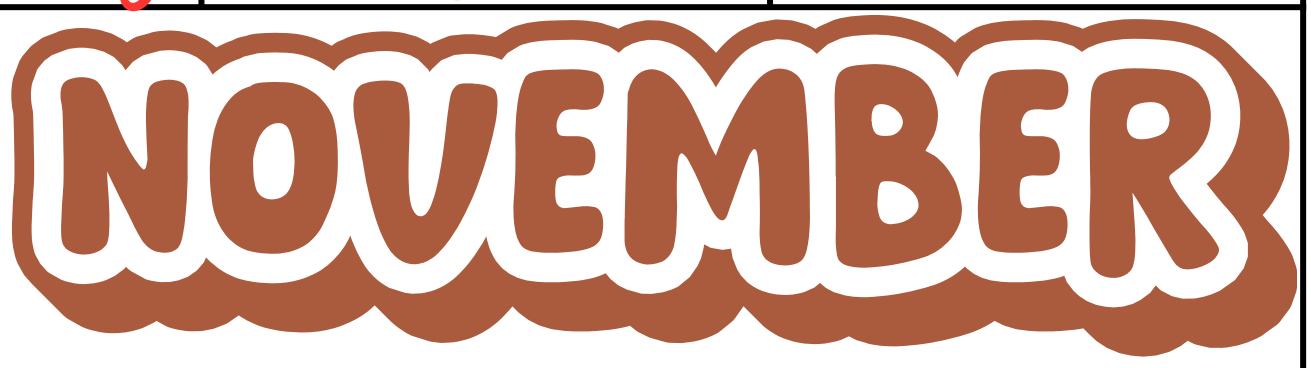
Monday**Tuesday****Wednesday**

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 Woolies 1:00 Hand Sewing Group 1:00 Faith Weavers 5:15 Human Rights Committee 6:00 Mountain Town Family Chorus	2	10:00 Line Dancing 11:30 Trivia/Word Search 12:45 Cards 2:00 Computer/Tech Class 5:00 Board of Commissioners Meeting 5:30 Isabella County Historical Socieity	3	8:30 Heartland Basket Weavers 9:00 Video Exercise Group 9:30 Beginner Line Dancing 10:00 Chess Club 10:30 Coffee and Convo 10:45 Gentle Exercise 11:30 Trivia/Word Search 12:00 COA Advisory Board Meeting 12:45 Cards 1:00 Happy Rippers 4:00 Anyone Can Paint 4:00 MOVE For Health	4
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 Woolies 1:00 Faith Weavers 6:00 Mountain Town Family Chorus 6:00 Orchard Glen Homeowners Board Mtg	9	10:00 Commissioner Committee Mtgs 10:00 Line Dancing 10:00 Needlecraft Meeting 10:00 Beginner Tai Chi 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 12:45 Cards 2:00 Huntington Support Group 4:00 League of Women Voters 5:00 PEO 7:00 Mid Michigan Woodcrafters	10	Closed Veterans DAY	11
9:00 Video Exercise Group 10:00 Coffee and Conversation 10:00 Dulcimer Group 10:45 Gentle Exercise 11:30 Trivia/Word Search 12:45 Cards 1:00 Mahjongg 1:00 Woolies 1:00 Faith Weavers 1:00 Caregiver Support Group 6:00 Broadway Kids 6:00 Mountain Town Family Chorus	16	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 5:30 Board of Commissioners Meeting	17	9:00 Video Exercise 9:30 Beg. Line Dancing 10:00 Chess Club 10:00 Second Sight Artists 10:30 Coffee & Convo 10:45 Gentle Exercise 11:00 Blood Drive 11:30 Trivia/Search 12:15 Ice Cream Sundaes 12:45 Cards 1:00 Happy Rippers 1:00 Secondhand Book Club 2:00 Simple Tai Chi 4:00 MOVE For Health 5:00 Parkinson's Support Group 6:30 NAMI Support Group	18
9:00 Gerolyn's Sewing 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 Woolies 1:00 Faith Weavers 1:00 Mahjongg 6:00 Broadway Kids 6:00 Mountain Town Family Chorus	23	10:00 Commissioner Committee Mtgs 10:00 Beginner Tai Chi 10:00 Line Dancing 11:30 Tai Chi Next Level 11:30 Trivia/Word Search 12:45 Cards 6:00 Mid Michigan Quilt Guild 6:00 Broadway Kids 6:30 4H Committee Meeting	24	8:00 Happy Rippers 8:00 Mid Michigan Quilt Guild 9:00 Video Exercise Group 9:30 Beg. Line Dancing 10:00 Chess Club 10:30 Music with Barb and Greg 10:45 Gentle Exercise 11:30 Trivia/Word Search 12:45 Cards 2:00 Simple Tai Chi 4:00 MOVE For Health 6:00 Broadway Kids 7:00 Nancy Carey Cancer Support	25
9:00 Video Exercise Group 10:00 Dulcimer Group 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:30 Trivia/Word Search 12:15 November Birthday Celebration 12:45 Cards 1:00 Faith Weavers 1:00 Mahjongg 1:00 Woolies 6:00 Broadyway Kids 6:00 Mountain Town Family Chorus	30			Food with Friends Lunch Monday thru Friday at 11:45 a.m. in Activity Room C See our Menu on page 10	

Thursday

Friday

Saturday

5 8:30 CMU Otaga 9:00 Gerolyn's Sewing Group 10:30 Music w/ Midnight Express 11:00 Nutrition Education 11:30 Trivia/Word Search 12:45 Cards 3:00 Hula 6:30 Isabella County Democratic Party	6 9:00 Collaborative Meeting 9:00 Video Exercise Group 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	7 8:00 Mid Michigan Quilt Guild 3:00 Mountain Town Family Chorus
12 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 3:00 Faith Weavers 6:30 Community Cancer Service	13 9:00 Video Exercise Group 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:30 Trivia/Word Search <i>No afternoon activities for craft show set up</i>	14 COA Craft Show 9:00am-3:00pm
19 8:00 Stitchin Gals 8:30 CMU Otaga 10:00 Beginner Tai Chi 10:30 Music with Midnight Express 11:30 Tai Chi Next Level 11:45 Thanksgiving Lunch 2:30 Cards 3:00 Hula 6:00 League of Women Voters 6:00 Broadway Kids 7:00 Mt. Pleasant Citizens Climate Lobby	20 9:00 Video Exercise Group 9:00 FGSPSC In-Service 9:30 Jam Session 10:00 Coffee and Conversation 10:45 Gentle Exercise 11:30 Trivia/Word Search 1:00 Movie & Popcorn: "The Shack" 1:00 Ukulele Group 1:00 Sacred Heart Book Club Movie	21 9:00 Charlene's Quilting Group 9:00 Central Michigan Daylily Society
26 Closed 	27 Closed 	28
 		

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.

November2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chinese Pepper Steak Brown Rice / Bread Kyoto Vegetable Pineapple Apple Juice	3 Taco Bowl Cilantro-Lime Rice Corn Fresh Orange	4 Chicken Ala King Biscuit Mixed Vegetables Berry Fruit Cup	5 Beef Stew Biscuit Succotash Michigan Fruit Cup Strawberry Yogurt	6 Macaroni & Cheese Bread Capri Blend Vegetables Strawberries Pudding
9 Smothered Chicken Bread Whipped Potatoes Peas & Carrots Mixed Fruit	10 Turkey Cranberry Sandwich Carrots Apple Crisp Yogurt	11 Closed No Meals Veteran's Day 	12 Chicken & Broccoli Cass. Bread Spinach Salad Fruit Cocktail Butterscotch Pudding	13 Chili Cornbread Baked Potato Pears
16 Baked Italian Chicken Roll / Company Potatoes Key West Blend Veg. Tropical Fruit	17 Spanish Chicken Bread Au gratin Potatoes Peach Crisp Cranberry Juice	18 Sweet & Sour Meatballs Bread Brown Rice Carrots Citrus Fruit Cup Cookie	19 Thanksgiving Meal! Sliced Turkey Whipped Potatoes/Gravy Stuffing Winter Blend Vegetables Pumpkin Pie	20 Sloppy Joe Bun California Blend Pineapple & Oranges Yogurt
23 Italian Meatloaf Bread Whole Sweet Potato Broccoli Peaches	24 Chicken Caesar Wrap Cucumber Salad Banana Yogurt Chocolate Chip Cookie	25 Potato Crunch Fish Dinner Roll Company Potatoes Peas Pears / Yogurt	26 Closed Thanksgiving Day No Meals 	27 Closed No Meals 
30 Pulled Pork / Bun Creamy Coleslaw Parslied Potatoes Apricots				

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.

Happy Thanksgiving!

Before you know it, we will be celebrating Christmas then on to a New Year! Time seems to passing us by at a fast pace.

October brought on some beautiful fall colors as well as a very busy month here at the COA. Some great entertainment with Matt Schafer and Barb & Greg. We're looking forward to our Halloween Dance (10/28) and our Halloween Party (10/30) coming up!

Our Thanksgiving meal will be on 11/19 with Midnight Express playing for your enjoyment. They are wonderful and their music is great for dancing! Be sure to call in to reserve your spot for lunch and music.

A thanks to Sarah from the Laurels who brought in doughnuts to share!

Food With Friends

Punch Cards

\$15.00 for 5 meals

\$30.00 for 11 meals

The punch cards can be purchased at COA

November Calendar

11/5 10:30 Midnight Express

11/6 1:00 Bingo

11/11 Closed for Veterans Day

11/19 10:30 - 2:00 Midnight Express

11:45 Thanksgiving Lunch

11/20 1:00 Movie: "The Shack"

With Tim McGraw & Octavia Spencer

11/26 Closed for Thanksgiving

11/27 Closed for Thanksgiving

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

Welcome from the NEW Rosebush Meal Site! We are so excited to have the space for activities and participants for the Rosebush community members! Please join us at the Rosebush Presbyterian Church! We are open 9:30 a.m. until 1:30 p.m. We have many fun activities planned, including an Open House on November 13th! Call ahead to schedule lunch for that day. We would love to have you join us and develop our new space! We are also starting something new for Isabella County, Cardio Drumming. No experience necessary. Just come in and enjoy the music and exercise!

Rosebush November Calendar

- 2 Coffee/Conversation, Cardio Drumming, Nutrition Education, Cards and Games
- 4 Coffee hour, Corn Hole, The Importance of Blood Pressure Checks: Deb Kellogg, LPN (with Blood Pressure checks)
- 6 Coffee, Cardio Drumming, Cards, 12:45 Music Paul Wilkinson
- 9 Coffee, Cardio Drumming, Memories: "Where Were You When..."
- 11 Closed for Veteran's Day
- 13 OPEN HOUSE! Join us at 11:00 for Donuts and Cider, Lunch at noon, and Ice Cream at 1:00 p.m.
- 16 Coffee, Cardio Drumming, Bingo with Prizes, Puzzle/games
- 18 Coffee, Noodle Hockey, 11:00 MSU Extension: Kara Lynch, "Safe Eating for Healthy Eating."
- 20 Coffee, Cardio Drumming, Puzzles/Games, Music at Manor: Greg Merwin
- 23 Coffee, Cardio Drumming, Discussion: Thanksgiving Past and Present, Music at Manor: Sing Along with Brian.
- 25 Closed-enjoy your Thanksgiving!
- 27 Closed-For Thanksgiving Holiday
- 30 Coffee, Cardio Drumming, Games, Birthday Celebration, Word Search

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

SHEPHERD

United Methodist Church

107 W. Wright Ave., Shepherd

Meals M, W. F 10:30 a.m. - 2:30 p.m.

Leann Vanacker, Site Facilitator

989-828-5106

shepherdfoodwithfriends@gmail.com

Please note our NEW hours! We have many fun things planned for November! Come join us for great conversation and a great lunch each day! We will be holding a Winn and Shepherd combination day with a craft and meal! Please sign up early for that day since space is limited and advance notice is needed for purchasing supplies.

Shepherd November Calendar

- 2 11am exercise- 12pm Nutrition education and trivia
- 4 11am Wii bowling- National candy day- candy making video
- 6 11am games 12pm Guest Speaker: Senior Advantage
- 9 11am Chair/Balance Exercise 12pm Winter Skin Health Discussion
- 11 Closed for Veterans Day
- 13 11am Games 12:30pm Bingo
- 16 Closed
- 18 11am Thanksgiving Movie, Celebration for November Birthdays
- 20 10:30am- Plan to arrive at 10:30am in order to participate in Craft with Winn Food with Friends please RSVP for meal and/or craft
- 23 11am Chair exercise 12pm – Guest speaker Marcy-COA
- 25 11am- Thanksgiving Actives/Games
- 27 Closed for the Thanksgiving Holiday Weekend
- 30 10:30am- Exercise, 11:30am Musician: Al Bartholomew

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

"Autumn is the gentle reminder that changes can be beautiful." At Winn, we celebrate fall with fun crafts, music and activities! Come join in on the fun! We have a great group that loves to laugh and enjoy our days together.

Winn November Calendar

- 2 Craft: Rustic Turkey, Nutrition Education
- 4 Music: Midnight Express
- 6 Craft: Table Center Piece
- 9 Craft: Scarecrow out of wood
- 11 Closed for Veterans Day
- 13 Craft: Make-up Day, complete anything that isn't finished or that you missed.
- 16 Craft: Pom-Pom Decoration
- 18 Music: Kevin Bendele
- 20 Craft Day at the Shepherd Site: Vintage can with flowers
- 23 Craft: Fall Swag
- 25 Music: Justin Judge 10:45 to 12:00
- 27 Closed for Thanksgiving weekend
- 30 Craft: Wooden Plate Holders

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

There is still time to help with Christmas Cards for Soldiers! We wrote over 300 last year and our goal this year is 350! Greg Merwin will be here on November 6th to play for us! We will celebrate November birthdays on the 18th with Cake! Call ahead to order a tasty lunch and great company!

Weidman November Calendar

- 2 Cards/Dice
- 4 Nutrition Education with cookies!
- 6 Music: Greg Merwin
- 9 Cards/Dice
- 11 Closed for Veterans Day
- 13 Christmas Cards for Soldiers
- 16 Cards/Dice
- 18 November Birthdays with Cake
- 20 Christmas Cards with Soldiers
- 23 Cards/Dice
- 25 Coffee, Conversations and Muffins
- 27 Closed for Thanksgiving Holiday
- 30 Cards/Dice



**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, Nov 4	2 p.m. – 6 p.m.
Thursday, Nov 5	9 a.m. – 1 p.m.
Saturday, Nov 7	9 a.m. – 12 p.m.
Wednesday, Nov 11	2 p.m. – 6 p.m.
Thursday, Nov 12	9 a.m. – 1 p.m.
Wednesday, Nov 18	2 p.m. – 6 p.m.
Thursday, Nov 19	9 a.m. – 1 p.m.
Saturday, Nov 21	9 a.m. – 12 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
Liz Curtice is the Weidman Senior Activity Center friend of the month. Born in Orlando, Florida and raised in the Traverse City and Charlevoix area, Liz has lived in Weidman for about 33 years. She has 5 children, 13 grandchildren and 4 great grands, with two more on the way. In talking with her about her life story, she shared that for the most part she was a single mom and in order to support her sizable family, she worked as a concrete mason and then after she was unable to do concrete work any longer, she transitioned into being a substance abuse counselor. Her hobbies include gardening, hiking when able, reading, doing puzzles and enjoying a good horror movie. When I asked her what brought her to the WSAC, she told me that the Sit and Get fit time is what she initially came for. The years as a mason had been hard on her physically, so she needs the light exercise in addition to the Dr. Ordered PT sessions. But it now also is to spend time with the incredibly welcoming group that has her playing dice and enjoying the comradery, like she's known them forever. She absolutely recommends the center for anyone looking for fitness, fun and friendship. It's there for everyone to enjoy Monday, Wednesday and Friday from 10-2. If you have any questions, you can call Sandy Hunter, the site facilitator at 989 644-2538. If you're looking to pre-order a Food with Friends meal, the menu for the month is available on page 10. So whatever sounds good, or like fun, please come join us. We hope to see you soon.

PS. All of the folks going in and out of the Senior area or the library would like to thank the "artist" who painted the cutest rocks and left them by the two entrances. We have no clue who did it, but what a fun surprise! And also, we want to thank Joann Cochran of Lake Isabella for sharing her baking skills with us and bringing us a variety of her delicious made from scratch cookies. They were a very thoughtful surprise!

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/cancelations 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

No meeting in November or December. Our next monthly meeting will be Wednesday, January 27, 2027 at Commission on Aging.

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.

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

FREE Mental Health Support Groups - NAMI

Third Wednesday of each month

Wednesday, November 18th 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 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.

Huntington's Support Group

Tuesday, November 10th

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

RSVP to Galen Voss: galenvoss@yahoo.com

Minimally Invasive Solutions for Bunions & Hammertoes

A bunion is an enlargement of the joint at the base of the big toe. It forms when the bone or tissue at the big toe joint moves out of place. A Hammertoe is a change in your toe joints that make them point up instead of lying flat.

Symptoms include:

- A growth at the base of your big toe that you can see and feel
- Pain, stiffness or trouble walking
- Swelling
- Discoloration or redness
- An inability to move or bend your big toe or a burning feeling when you bend your toe
- Difficulty wearing certain types of shoes, or pain that gets worse when you are wearing shoes

If you are experiencing any of these symptoms, join Podiatrists Vincent Lefler, DPM, FACFAS and Greg Sherameta, DPM, FACTAS to learn about an all new, minimally invasive correction for bunions and hammertoes.

Tuesday, November 10 | Light meal provided at 5:15 p.m. presentation 5:30 p.m. - 6:30 p.m.

McLaren Central Michigan, (FDJ Conference Room)

1221 South Drive, Mt. Pleasant

Call (989) 779-5606 to register.

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.

Active Living Donors

Tim & Nancy Bolen	Laura Hull
Donald L. Brewer	Sue Khoury
Sherry E. Combs	Linda Lukens
Mary Ellen Coldwell	Carol Matthews
Beverly Cole	Greg & Carole Merwin
Sandra Davidson	Bernyce Moran
Sandra Diederich	Paulette Peet
Rick W. Fockler	Patricia Reihl
Nancy Fodor	Roque Schafer
Jerry Fuller	Gary & Carol Wernette
Margie Goffnett	Clare Wilson
Barbara Grajek	Jack Wood

COA Donors

Anonymous
 Margie Henry
 Robert & Julia Holmes
 Ray Johnson
 Carrie Schafer
 Mari Staddon
 In Honor of John & Joyce Petro 

DME Donations

Anonymous

Foster Grandparent & Senior Companion Program

Brenda Hoyle
 FGSPSCP Volunteers

Food with Friends

Roderick & Mary Hovey

Dear Valued Contributors,

As a reminder, we have a procedure to help you keep track of your generous, tax-deductible donations. From this point forward, instead of sending you multiple letters for each donation you send throughout the year we will now be able to send you an annual summary at the end of each year upon request. This summary will list each donation you made for the entire calendar year in one document and will prevent you from having to keep track of and file away papers all year long. If you would like for us to mail you this convenient new summary letter, please contact **Mallory Fernandez at (989) 772-0748** toward the closing of the year to have one sent to you.

In Memory Of

Dale F. Arbour

Chris Fowler

John P. Florian

Mike & Judy Florian 

Michael A. Austin

Mike & Judy Florian

Shirley French

Donna Robert

Carol Baldwin

Randy Baldwin

Nelda Gilmore

Phyllis Gilmore

Lorraine & Preston Barrett

Susan Peters

Dorothy Huber

Mike & Judy Florian

Sharon Brecht

Mike & Judy Florian

Judy Klien

Phyllis Gilmore

Michael C. Cwiek

Mark & Pat Cwiek

Vincent Meyers

Mike & Judy Florian 

Shirley Decker

Mark & Pat Cwiek

Dick Parfitt

Walter Schneider

For Active Living

Andrew Perschbacher

Jackie Atkison-Perschbacher

Mary Straight

John Straight

Patricia Vliet

Galen & Pat Voss

For Food with Friends

Joyce Ann Clark

Dolores Cluley-Lockwood

Nancy June Hoyle

Dolores Cluley-Lockwood

Patricia Vliet

Galen & Pat Voss

For Home Delivered Meals

Thelma Chmiko

The Chmiko Family

For Gold Key Volunteers

Patricia Vliet

Galen & Pat Voss

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

Active LIVING Really Needs Your Support

Thank you to everyone who donates to Active LIVING. As of October 6, we have received \$13,271. We are still a long way from our needed goal of \$29,500.00.

To keep Active LIVING a part of our communities, we need your support. Please consider donating to Active LIVING. You may use the donation form below. The suggested annual donation amount needed is \$25.00. We deeply appreciate your support.

Enclosed is my Donation for

\$

Please make check payable to:

Friends of Isabella Seniors

Mail to: Friends of Isabella Seniors
2200 S. Lincoln Rd.
Mt. Pleasant, MI 48858

Please designate my gift to:

☐ Active LIVING

☐ COA Activity Center

☐ Food With Friends

☐ Foster Grandparent / Senior Companion Program

☐ Gold Key Volunteer Program

☐ In Home Services

☐ Where most needed

Gift is:

☐ Memorial

☐ Honorarium

Name:

☐ Veteran

☐ Keep Donation Anonymous.

Please send acknowledgment to:

Name:

Address:

Thank You for your Support

Commission on Aging Advisory Board	
District 1	Jacqueline Curtis
District 2	Ruth Anne Maniteau
District 3	Stacie Keipinger
District 4	John Dinse
District 5	Alicia Haley
District 6	VACANT
District 7	John Zang
At-Large	Ruth Barrett
At-Large	Jessica Lapp

Friends of Isabella Seniors Board of Directors	
President	Jerry Morey
Vice President	Eileen Jennings
Finance Officer	David J Karmon
Ex Officio	Jennifer Crawford
Ex Officio Secretary	Kelly Lee
Member	John Obermesik
Member	David Coyne
Member	Stephanie Hope
Member	Kathy House
Member	Connie Lynch
Member	Barry Trombley
Member	Deborah Barker

Temporarily Away

Active LIVING is not “forwarded”. If newspapers are returned, we remove the individual from our mailing list. To get back on the mailing list, you must contact our office with your current address. If you are planning an extended vacation or are moving, please call our office (989) 772-0748 or use the form on the back page.

Active LIVING Deadline

Each issue of Active LIVING is printed and mailed to our readers before the first day of each month. In order to complete the entire process, we need to receive information for submission by the sixth day of the prior month. Please understand all articles submitted are subject to editing for content and space restrictions.

Isabella County Commission on Aging Mission Statement

The mission of the Isabella County Commission on Aging (COA) is to promote the health, independence and fulfillment of Older Adults through the coordination and provision of diverse services and opportunities. COA is a leading multi-service agency that provides a community focal point for the needs of our Older Adult population.

The following programs focus on assisting individuals who are sixty years of age and older and live within our geographical service areas:

- In Home Services Program
- Case Management
 - Caregiver Training
 - Information and Referral
 - Homemaking
 - Medicare/Medicaid Assistance
 - Personal Care
 - Respite Care

- Food with Friends Program
- Congregate Meals
 - Home Delivered Meals

Foster Grandparent Program
Senior Companion Program

- Activity Center Program
- Activities
 - Travel Opportunities
 - Fitness

- Gold Key Volunteer Program
- Volunteer Opportunities
 - Transportation

Donations or fees for all programs and services are requested. If we can assist you or someone you know, please call COA at (989) 772-0748 Monday - Friday, 8:00 a.m. - 4:30 p.m.

Funding Sources include client donations, memorials, planned estate gifts, Saginaw Chippewa Indian Tribe, Michigan Office of Services to the Aging, Isabella County Senior Millage and Federal, State and Isabella County Appropriations.



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

LEGAL SERVICES
of Eastern Michigan



PRACTICE AREAS

Simple Wills Powers of Attorneys Ladybird Deeds

Fair Housing and Reasonable Accommodations

Consumer Rights Public Benefits Eviction Defense

Assistance with Other Critical Legal Needs Affecting Seniors

SERVING

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

CALL FOR HELP TODAY

1-800-322-4512

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

INSIDE NOVEMBER 2026 Issue	
COA Craft Show	1
Quilt Raffle	1
Director's Comments	2
Hearing Aid Cleaning Clinic	2
Thanksgiving Lunch	2
Mission Moments	3
Caregiver Support Corner	3
Events & Classes	4, 5
Winn/Shepherd Craft Day	6
Welcome CMU Intern	7
Volunteers Needed	7
Activity Center Calendar	8, 9
FWF Menu & Site Activities	10, 11, 12
Weidman Friend of the Month	12
CCN Food Pantry	12
COA Weather Closing Info	12
Support Groups	13
Memorials/Donations	14

2200 South Lincoln Road, Mount Pleasant, MI 48858

Friends of Isabella Seniors



PAID

Permit No. 52
Mt. Pleasant, MI 48858

Non-Profit Org.
U.S. Postage

For Delivery of

Please check: ☐ New Subscriber ☐ Renewal Contribution: \$ _____

☐ Change of Address (Please attach a label with old address)

☐ Temporarily Away **Stop Date** _____ **Restart Date** _____

Temporarily Away - Address

Full Name _____

Address _____ Apt. No. _____

City _____ Zip _____

Phone _____

E-mail _____

New Subscriber or Change of Address

Full Name _____

Address _____ Apt. No. _____

City _____ Zip _____

Phone _____

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.