

Crawford County Commission on Aging & Senior Center

Activities & Programs

August 2016



Beach Bums TRIP
Aug 5th
Cost of trip is \$35.00
 Sign up today! Call 348-7123 or stop in!

SENIOR Project FRESH
Classes held at the Ramada:
Tuesday, August 9th at 10am
Wednesday, August 24th at 2pm

BBQ PORK ROAST DINNER
Thursday, August 11th 4-6pm



BBQ Pork Roast
Applesauce
Cole Slaw
Midori Blend
Brownies

No Reservations Required

AARP DRIVER SAFETY

For anyone 50 or older wanting to drive longer and safer.
 \$15.00 for AARP Members
 \$20.00 for non-members
 Call the COA at (989) 348-7123 to register.

August 16th 1pm-5pm
August 17th 9am-1pm
 Grayling Nature Center

Take the PATH 

CHRONIC PAIN PATH
This is a 6 week workshop
 You'll discover strategies to deal with physical and emotional symptoms common to most chronic pain conditions.
Wednesdays, August 24th, 31st
September 7th, 14th, 21st, 28th
1:00-3:30pm each week
 at Grayling City Hall

Smart Meters Presentation
Thurs. August 25th at 6:00pm




Join Kathryn Burkholder, the outreach coordinator for the Smart Energy program, at the Senior Center as she explains the program and answers any questions you may have about the smart meters coming in September.

RUMMAGE SALE
August 26th & 27th 9am to 4pm

Clean out those closets & storage spaces and save those items for the COA. Drop off items at the Fred Bear Building Mondays,
August 8th & 15th from 2-4pm
& August 22nd, 23rd, 24th from 10-3pm

Munson Breakfast Presentation
Tuesday, August 30th at 9am
 At the Commission on Aging & Senior Center



My Community Dental Centers: Changing Lives One Smile at a Time!
 With Kim Singh, MCDC
 Ham & Cheese Omelette
 Fresh Fruit, Muffin, Coffee & Juice

FREE

More Happenings @ the Senior Center

<p>DHHS Assistance Program Appt. Aug 17th 1pm-4pm</p> 	<p>Foot Clinic Aug 9th Appt. Required</p> 	<p>Pickleball Frederic Twp. Hall Mons. 11am, Tues 9am, Weds. 9am Mons. 3:30 GHC Crt</p> 
 <p>Legal Assistance Aug 24th Appt. Required</p>	<p>Massage Therapy Aug 2nd & Aug 16th</p> 	<p>Alzheimer's Support Group Aug 17th The Brook @ 11am</p> 