



Crawford County Commission on Aging & Senior Center Activities & Programs December 2016

Let's Talk Turkey
ADVANCED CARE PLANNING
Thursday, December 1st at 5:45pm
Join Stephanie VanSlyk, RN from Munson Healthcare Grayling Hospital where she will discuss the importance of having an advanced medical directive, how to choose a healthcare advocate, and go through the Advance Care Planning booklet.

Who makes medical decisions for me when I can't?

Home Energy Efficiency Problems 
December 5th at 5:30pm
Common problems that indicate needless energy use and solutions will be discussed.

truenorth  Gary Lamberg from TrueNorth Community Services will be presenting.

Christmas Dinner
Thursday, December 8th
*Roast Beef w/Gravy,
Roasted Redskins, Midori Blend,
Mixed Fruit, Minted Brownies*
Serving Dinner 4-6pm
No Reservations Required

Christmas Cards Still for Sale... 
Commission on Aging & Senior Center will have Christmas Cards available for sale during regular Office Hours during December.
Cards are 1 for .25 or 5 for \$1.00!

Munson FREE Breakfast Presentation
At the Commission on Aging & Senior Center
Tuesday, December 13th at 9am

 **It Takes My Breath Away Living with COPD**
Featuring Mary Hoppe, Coordinator of Respiratory Care at Munson Healthcare Grayling Hospital
**Farmers Omelet
Fresh Fruit, Muffin, Juice & Coffee**

 **CHRISTMAS CAROL**
Sing-A-Long
The choir from Mt. Hope Lutheran Church will be present to lead Christmas Carols at the Senior Center.
Thursday, December 15th at 5:45pm

 **VOLUNTEER FAIR**
Learn about getting involved and giving back to your community!
Wednesday December 14th, from 4pm-7pm
Munson Healthcare Grayling Hospital in The Crawford Room
1100E. Michigan Ave, Grayling, MI 49738

More Happenings @ the Senior Center

DHHS Assistance Program Appt. Dec 14th 1pm-4pm 

Foot Clinic Dec 13th Appt. Required 

Pickleball Mons. 3:30 at Grayling Elem Weds. 10am at Frederic Twp. Hall 

 **Legal Assistance** Dec 28th Appt. Required

Bible Study Every Thursday @12:30pm 

Alzheimer's Support Group Dec 21st The Brook @ 11am 



Crawford County Commission on Aging & Senior Center
308 Lawndale Street, Grayling, MI 49738
(989) 348-7123

