

Crawford County Commission on Aging & Senior Center Activities & Programs January 2017

Fitness After Fifty

FREE Classes



Begin a HEALTHY routine for 2017. We have made it easy and FREE!

Start off the new year with joining us at the Commission on Aging and Senior Center for your favorite fitness activities. Pick out one or more and begin a new year with a new you!

*Clogging Golden Toners Zumba Gold Pickleball Chair volleyball
Munson Rehab Exercise Aerobic Drumming Line Dancing*

Dial Down/ Bundle Up

January 4 at 5:30pm



Gary Lamberg, from TrueNorth Community Services, will present how to be more comfortable in the home while conserving energy.

Dining with Diabetes

January 3rd, 6th, 10th, 12th

A fun and interactive four-session course designed for people who have been diagnosed with Type 2 diabetes. Classes include research based education, cooking demonstrations and healthy recipe tasting.

1:30pm - 3:30pm \$20 per Person
Crawford County MSU Extension
501 Norway St, Suite #2, Grayling

FREE Concert Daniel House

Thurs, January 12th, 5:45pm



Dan brings with him a strong love for instrumental excellence through his finger style guitar, mandolin, and mountain dulcimer arrangements as well as an artistic aesthetic for framing and reinforcing his vocal efforts.

Winter Picnic Thursday, January 19th Serving Dinner 4-6pm



BBQ Ribs
Au Gratin Potatoes
Ramen Noodle Salad
Watermelon,
Mud & Worms Dessert

Suggested donation for 60 & over is \$3.00. Cost for those under 60 is \$5.00

Smart911 Protecting Millions of Lives

January 18th 1-3pm Sign-Up

9-1-1. Once you've signed up, first responders will be aware of important information you have provided that will help them address your emergency. This information – including medical issues, current location and even pets - can help Police, Fire and EMS locate and help you.

Medicare & You 2017

Thursday, January 26th @ 6pm

- ◆ Are you turning age 65 in 2017?
- ◆ Confused by Medicare?
- ◆ How does Medicare work and what does it cover?
- ◆ What options do you have to get the coverage you need?

More Happenings @ the Senior Center

DHHS Assistance
Program Appt.
Jan 11th
1pm-4pm



Foot Clinic
Jan 10th
Appt. Required



Chair
Volleyball
Mons. At
10:30am



Legal
Assistance
Jan 25th
Appt. Required

Massage
Therapy
Jan 17th
Appt. Required



Bible Study
Tuesday @10am
Thursday
@12:30pm

