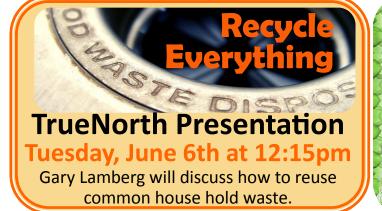
Crawford County Commission on Aging & Senior Center Activities & Programs June 2017



Father's Day Dinner Thursday, June 8th Serving Dinner 4pm-6pm BBQ Ribs, Baked Beans, Ramen Noodle Salad, Watermelon, Apple Pie



June 14th 1-4pm Sign-Up At the Senior Center

Your information – including medical issues, current location and even pets- can help Police, Fire and EMS locate and help you quickly and efficiently.

David Dickerson

Thursday, June 15th at 5:45pm



At the Senior Center, 308 Lawndale St., Grayling

Whether you enjoy country music or not you will fall in love with David. Open to the public so everyone is invited **FREE CONCERT**

Food Safety

A FREE Food Safety Class to seniors and food service volunteers.

Thursday, June 22 at 6pm

Come & learn some great tips for keeping you and others safe from foodborne illness. Call 989-348-7123 to register.

Michigan Blood MI blood saves lives."

GIVE BLOOD

June 28th 12:30pm-5pm

At the Commission on Aging & Senior Center. Attempt to donate & you could win a \$100 Meijer Gift Card! Appointments Preferred; call 989-348-7123.

Munson FREE Breakfast Pres.

So that's why my shoulder hurts.

With Dr. John R. Reineck, MD, Orthopedic Surgeon from Great Lakes Orthopaedics

June 29th at 9am At the Commission on Aging & Senior Center

To learn more about rotator cuff injury and treatment options.

MENU: Scrambled Eggs, Fresh Fruit, Blueberry Muffins, Juice & Coffee



Saturday, July 8th 10.00am to 12.00pm

In the Parking Lot of Spike's Keg 'O' Nails Keep your identity safe...Shred Experts, LLC will be on-site providing document destruction for individual households on a donation basis. All funds raised will go to Relay for Life and the Commission on Aging & Senior Center.

More Happenings @ the Senior Center

DHHS Assistance June 21st ĺpm-4pm Appt. Required Health & Human Se



Foot Clinic June 13th Appt. Required



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

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<u>Legal</u> **Assistance** June 28th Appt. Required



Massage **Therapy** June 6th Maria Required



Hearing Clinic June 19th Appt. Required



Crawford County Commission on Aging & Senior Center

308 Lawndale Street, Grayling, MI 49738 (989) 348-7123

