


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



Recycle Everything

TrueNorth Presentation
Tuesday, June 6th at 12:15pm

Gary Lamberg will discuss how to reuse common house hold waste.

Father's Day Dinner
Thursday, June 8th
Serving Dinner 4pm-6pm

BBQ Ribs, Baked Beans,
Ramen Noodle Salad,
Watermelon, Apple Pie




Smart911
Protecting Millions of Lives

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 101

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

SHRED DAY

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

<p>DHHS Assistance June 21st 1pm-4pm Appt. Required</p>	 <p>Michigan Department of Health & Human Services</p>	<p>Foot Clinic June 13th Appt. Required</p>		<p>Alzheimer's Support Group June 21st The Brook @ 11am</p>	
 <p>Legal Assistance June 28th Appt. Required</p>		<p>Massage Therapy June 6th Appt. Required</p>		<p>Hearing Clinic June 19th Appt. Required</p>	