

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

Aerobic Drumming

offered two days a week

**Mondays at 10am
& Thursday at 3pm**

Combines the development of muscular endurance and cardiovascular. Start drumming to the music!



Munson FREE Breakfast Pres.

Thursday, May 4th @ 9am

at the Commission on Aging & Senior Center
**Genetics to the Environment,
Lower Your Risk of Developing Cancer**
With Dr. Yelena Kier, DO
Hematology Oncology Physician

Scrambled Eggs, Turkey Sausage,
Cranberry Muffins, Fresh Orange,
Juice & Coffee



Oh Brother Big Sister

FREE Concert at the Commission on Aging & Senior

Thursday, May 4th at 5:45pm

Oh Brother Big Sister is an eclectic sensation! Penny & Radel Rosin, a brother and sister duo from Northern Michigan covers the music spectrum with entrancing harmonies and ingenious musical arrangements.



TrueNorth Presentation

*Growing your
Home GARDEN
from Seed to Fruit*



Tuesday, May 9th at 12:15pm

Gary Lamberg from True North Community Services to talk with us about growing your own home garden

Mother's Day Dinner

Thursday, May 11th

Serving Dinner 4pm-6pm

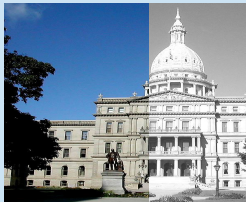


Roast Beef
Scalloped Potatoes
Asparagus
Fruit Cocktail
Mixed Berry Pie

OLDER MICHIGANIANS DAY

A Rally at the Capitol Building

WEDNESDAY, MAY 17th 2017



A FREE event where older adults from across Michigan unite in their passion for issues impacting older Michigan residents.

Join the group traveling down this year.

AARP DRIVER SAFETY

June 1st & 2nd from 10am-2:30pm

**At the Free Methodist Church
6352 West M 72, Grayling**

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

More Happenings @ the Senior Center

**DHHS Assistance
Program Appt.
May 17th
1pm-4pm**



**Foot Clinic
May 9th
Appt. Required**



**Alzheimer's
Support Group
May 17th
The Brook @ 11am**



**Legal
Assistance
May 24th
Appt. Required**



**Massage
Therapy
May 2nd
Appt. Required**



**Hearing Clinic
May 15th
Appt. Required**