

Crawford County Commission on Aging & Senior Center Activities & Programs November 2015



Remembering Our Loved Ones

Monday, November 2nd at 6pm

The Crawford County Commission on Aging & Senior Center is planning on their first **Remembrance Day Ceremony**.

We are searching for/asking you to submit names of deceased loved ones. You may bring them in or send them to Helen Nolan.

Christmas Cards For Sale

Commission on Aging & Senior Center will have Christmas Cards available for sale...

10am-4pm

Tuesday, November 3rd

Wednesday, November 4th



AuSable Community Choir

The AuSable Community Choir

Every Monday from 6:00-6:45pm

at the **Senior Center** in Grayling located at 308 Lawndale Street.

Practice is open to anyone age 12 and older.



Veterans Day!

We invite all Veterans to come to a special program

Wed. Nov. 11th at 11am

at the Senior Center.

This program will include music and readings. All Veterans may dine free of charge.



Coping with Grief through the Holidays

A safe place to come and share with others and also gain comfort knowing that there are other people facing some of the same difficulties at this time of year.



Thursday, November 12th

4pm-5:30pm at

Sorenson-Lockwood Funeral Home

Wild Angels

Diane Beauchamp
and Carol Lovely

Free Concert

Thursday, November 12th at 6pm

They sing music across the decades (40's up to the present). The Wild Angels will have a lively show that will keep you in stitches.



Munson Breakfast Presentation



Prediabetes: It can be your early warning system!

Featuring **Tina Fluegel, RN**
Diabetes Educator

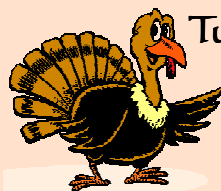
Wednesday, November 18th @ 9am

Eggs Florentine, Sausage, Baked Cranberry Oatmeal, Fruit, Juice & Coffee

Thanksgiving Dinner

Thursday, November 19th

Serving Dinner 4-6pm



Turkey w/Mashed Potatoes & Gravy, Stuffing, Green Bean Casserole, Sliced Peaches, Pumpkin Pie

More Happenings @ the Senior Center

Alzheimer's
Support Group
November 18th
The Brook @ 11am



Message
Therapy
November
3rd & 17th



Pickleball
@Grayling Elem.
Mondays at 3:30



Legal
Assistance
November 25th
Appt. Required



Foot Clinic
November 10th
Appt. Required

If you would like to know more about these programs call 348-7123 for more information.



Crawford County Commission on Aging & Senior Center

308 Lawndale Street, Grayling, MI 49738

(989) 348-7123

