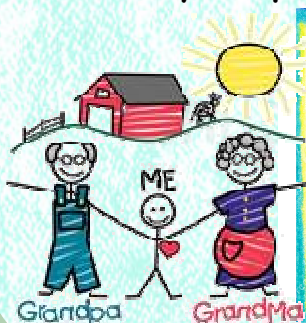


# Crawford County Commission on Aging & Senior Center Activities & Programs September 2016

## Grandparent's Day Dinner

Thursday, September 8th, 4-6pm



**BBQ Ribs  
Baked Potato  
Fresh Asparagus  
Mixed Melon  
Cherry Pie**

## Blue Cross Blue Shield Medigap Changes

Thursday, September 15<sup>th</sup> at 6pm

At the Senior Center

The Community-Rated Legacy Medigap plans A and C have been subsidized by the State of Michigan for a long time and now the subsidy program has ended. Join Karl Schreiner, certified counselor to find out what this means for you.



## Chair Volleyball

COME TRY IT OUT!

Monday, September 19<sup>th</sup>  
at 10:30am



Chair Volleyball is played with 6 players seated in chairs (or wheelchair) on each side of the net. It is basically like regular volleyball but is played with a beach ball.

## Munson Free Breakfast Presentation

Tuesday, September 20<sup>th</sup> at 9am

At the Commission on Aging & Senior Center



**Do You have Age-Related Hearing Loss?**

With Nick Parmer, Audiologist from Munson Medical Center

Breakfast includes: Amish Casserole, Muffin, Fresh Fruit, Juice & Coffee

## The Reflections Band

FREE Concert



Music from the 20's through the 60's

Thursday, September 22<sup>nd</sup>  
at 5:45pm

## New to Medicare?

Thursday, September 29<sup>th</sup>  
at 6pm



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

## Celebrate your Birthday with us!



Join us for lunch or dinner on your birthday and we'll help you celebrate with cake and ice cream. Call 348-7123 before the meal to let us know you're coming!

Invite up to 8 people and dessert is on us!

## More Happenings @ the Senior Center

**DHHS Assistance Program Appt.**  
Sept 14<sup>th</sup>  
1pm-4pm



**Foot Clinic**  
Sept 13<sup>th</sup>  
Appt. Required



**Pickleball**  
Mons. 3:30 at Grayling Elem  
Weds. 10am at Frederic Twp. Hall



**Legal Assistance**  
Sept 28<sup>th</sup>  
Appt. Required

**Massage Therapy**  
Sept 6<sup>th</sup> &  
Sept 20<sup>th</sup>



**Alzheimer's Support Group**  
Sept 21<sup>st</sup>  
The Brook @ 11am

