

# Crawford County Commission on Aging & Senior Center

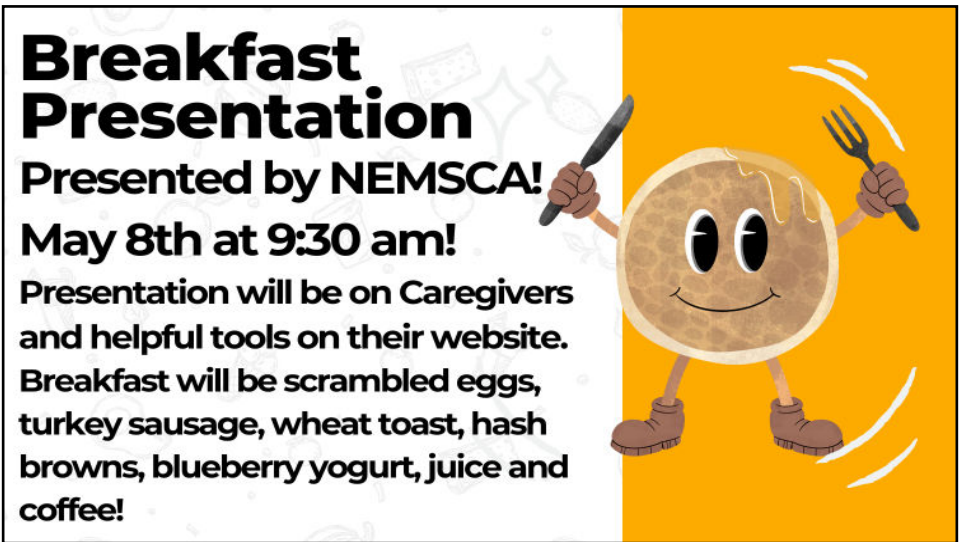
## Activities & Programs

### May 2024



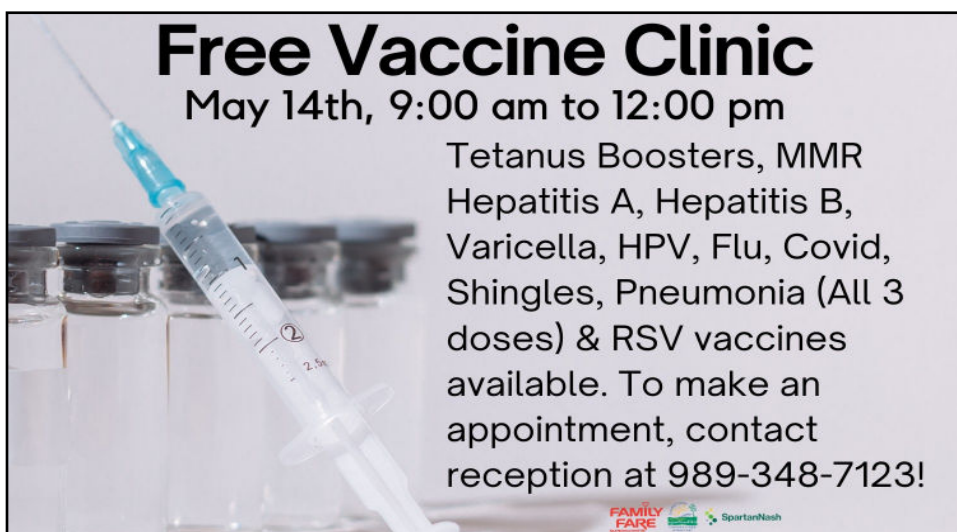
### Mother's Day Special Dinner

May 9th from 4:00 pm to 6:00 pm  
Serving spiral glazed ham, au gratin potatoes, broccolini, and strawberry shortcake layer cake!



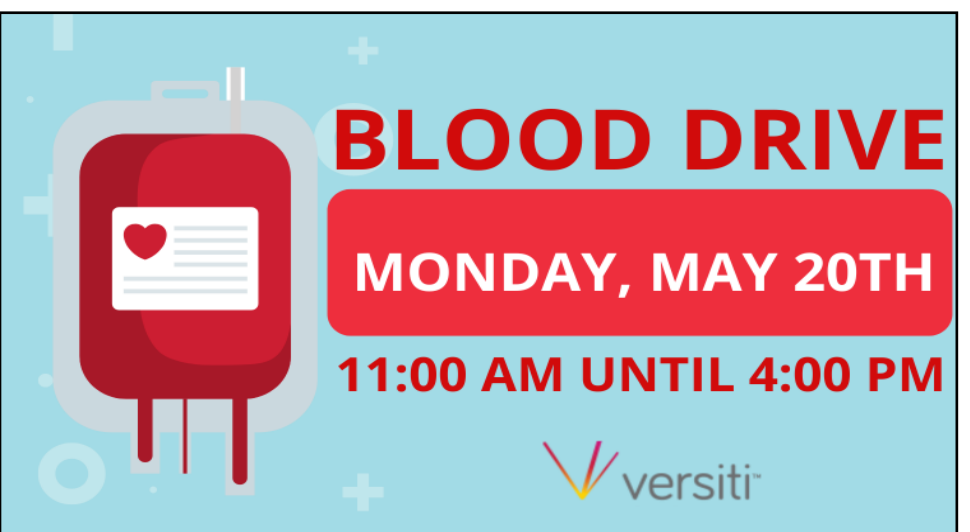
### Breakfast Presentation

Presented by NEMSCA!  
May 8th at 9:30 am!  
Presentation will be on Caregivers and helpful tools on their website. Breakfast will be scrambled eggs, turkey sausage, wheat toast, hash browns, blueberry yogurt, juice and coffee!



### Free Vaccine Clinic

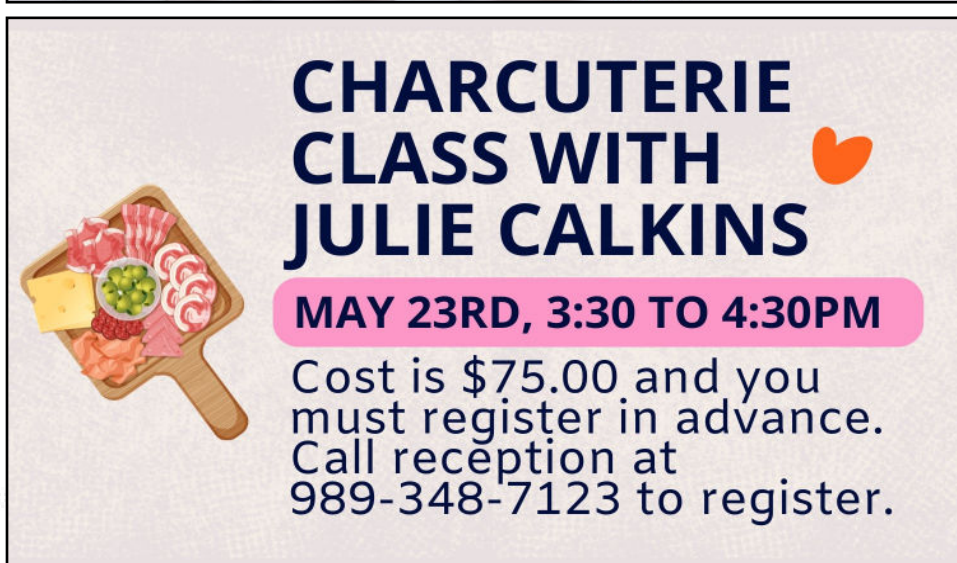
May 14th, 9:00 am to 12:00 pm  
Tetanus Boosters, MMR Hepatitis A, Hepatitis B, Varicella, HPV, Flu, Covid, Shingles, Pneumonia (All 3 doses) & RSV vaccines available. To make an appointment, contact reception at 989-348-7123!



### BLOOD DRIVE

MONDAY, MAY 20TH  
11:00 AM UNTIL 4:00 PM

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### CHARCUTERIE CLASS WITH JULIE CALKINS

MAY 23RD, 3:30 TO 4:30PM  
Cost is \$75.00 and you must register in advance. Call reception at 989-348-7123 to register.

### Walk in the Woods

- May 1st Hartwick Pines\* (Old Growth Trail) 10am
- May 8th Hanson Hills (hike around the pond and onto the disc golf path with guide) 10am
- May 15th Aspen Park (Gaylord) 10am
- May 22nd Milock Family Preserve- Kalkaska (with guide from Little Traverse Bay Conservancy) 10am
- May 29th Camp AuSable (Lakeside Trail) 10am

ANYTHING MARKED WITH AN \* REQUIRES A STATE PARK PASS.

### JOIN US AT THE CENTER FOR WEEKLY CARD GAMES AND GAME NIGHTS

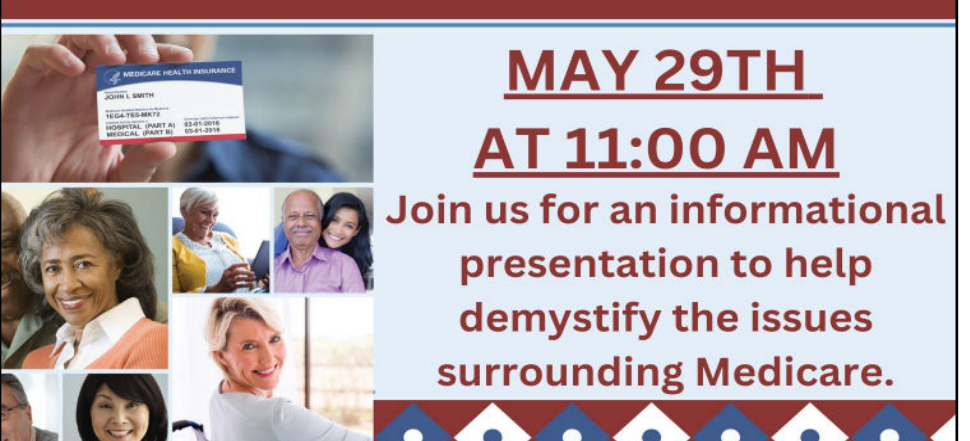
Weekly card games are every Tuesday at 1pm and game night is the same day at 5pm. Card games begin on May 14th, and the first game night is on May 8th!  
Card games will include favorites like Bridge, Uno, Cribbage, Phase 10, and more!



### New to Medicare Seminar

MAY 29TH  
AT 11:00 AM

Join us for an informational presentation to help demystify the issues surrounding Medicare.



ALSO AVAILABLE THROUGH THE COA & SENIOR CENTER

 <p><b>Free Equipment</b> Contact Kathy about free medical equipment</p>	 <p><b>Hearing Clinic</b> With Dr. Hamilton</p>	 <p><b>Blood Sugar/Blood Pressure Checks</b> Wednesdays @ 11 am -1 pm</p>
<p><b>Alzheimer's Support Group</b> May 15th The Brook</p> 	<p><b>DHHS Assistance</b> Get help with benefits &amp; relief</p> 	<p><b>Commodities</b> Wed, May 8th 9:30-10:30am</p> 