

Crawford County Commission on Aging & Senior Center Activities & Programs April 2019

PATH for Chronic Pain Class
Tues April 9th –May 14th 1pm to 3:30pm
Workshop to help individuals in management of chronic pain.

To register for these classes call
(989) 348-7123

Matter of Balance Class
Starting April 10th, 10am-12pm
Workshop to help individuals learn how to reduce falling & increase activity

SPRING FLING DINNER!

Thursday, April 11th
Serving Dinner 4pm-6pm



Baked Ham
w/Pineapple Sugar Glaze,
Au Gratin Potatoes, Midori
Vegetables, Dutch Apple Pie

COME ON DOWN!



Tuesday, April 16th at 5:45pm
Join us for a great game of the
"Price is Right".

Play the Check Game, The Grocery Game, and The Shell Game.

Do you think you're a smart shopper?
Test your skills and win prizes!

Munson Free Breakfast Presentation; Advance Care Planning & Advance Directives Tuesday, April 23rd at 9am at the Commission on Aging & Senior Center



An advance directive is a legally binding document that allows you to designate who will advocate & speak out your medical choices if you are ever unable to speak for yourself. Join Steve Peterson, of Munson Healthcare Grayling Hospital's Resource Coordination Team, to learn more about making your wishes known.

Alzheimer's Association Presentation Thursday, April 25th at 5:45pm



Is someone you know affected by Alzheimer's or Dementia? Or, have you wondered how to tell the difference between memory loss or if it something more serious? Taylor Cramer, Program

Coordinator with the Alzheimer's Association, will provide information on detection, causes & risk factors, stages of the disease, treatment, & much more.

DATE CHANGE - NOW 2nd Friday of each month April 12th at 10:30am Out-to-LUNCH BUNCH

Dial-a-Ride monthly trip to Gaylord. Trip includes lunch (self-pay) & to the Walmart Plaza for shopping. **Cost will be \$10.00 per person.** Lunch in Gaylord 11:30am. Shopping 12:30pm to 2:00/2:30pm. Register at the Commission on Aging & Senior Center. **989-348-7123.**

TWO SCAMS: How to Avoid Them! Tuesday, April 30th, 1-3pm Grayling City Hall



Be aware of the various scams that are occurring and how to recognize potential scams! Join Frank Dame of the Attorney General's Office as he discusses two types of scams: Home Repair and Improvement, and In-Home Care and Senior Residences.

Walk in the Woods

Starting May 1st at 1pm

Did you know a brisk walk can improve your mood, help you manage chronic conditions, & improve balance? Join us every Wednesday to explore the beautiful trails around us. To sign-up or for more info call 989-348-7123.



More Happenings @ the Senior Center



Satellite Meals
Frederic April 12th
Lovells No Satellite



Hearing Clinic
April 15th
Appt. Required



Legal Assistance
April 18th
Appt. Required



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



Chair Yoga
April 4th, 18th,
25th @ 6pm



Foot Clinic
Call for Appt.
April 4th
Appt. Required



Zumba Every Tues
Gold 10am