

# Crawford County Commission on Aging & Senior Center Activities & Programs April 2018



## TASTE TEST TUESDAY

April 3rd, 10th, 17th, 24th  
from 3:30-4:30pm

Join Chef Dale VanVliet in the dining room for Taste Test Tuesday. We are working our way to developing some new menu items, options, & healthy foods for you.

Come, sample and give us your input!

## SPRING FLING DINNER!

Thursday, April 12th  
Serving Dinner 4pm-6pm



Honey Dijon Crusted Pork Loin  
Anna Potatoes  
Marinated Button Mushrooms  
Sliced Cinnamon Apples  
Lemon Dessert Bar

## Munson Free Breakfast Presentation; Advance Care Planning & Advance Directives Tuesday, April 17th 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.

## COME ON DOWN!



Tuesday, April 17th at 6pm  
Join us for an evening of fun & excitement at a "Price is Right" Party. Lots of prizes.

Everyone can participate.

And as always...DESSERT will be provided!

A Special thank you to our sponsors for the evening,  
**Matt LaFontaine Automotive, Pizza Hut, Taco Bell, Burger King!**



## Stress Less with Mindfulness



Thursdays April 26, May 3, 10, 17, & 24 from 9am-10:30am

This program teach you self-care skills to help reduce stress-related symptoms such as worry, depression & physical tension, & may be helpful in managing chronic conditions such as cardiac disease & diabetes. This FREE class will be held at the MSU Extension Office, 501 Norway St. Suite 2 in Grayling. Call 989-348-7123 to register.



## Walk with Ease

Weds, May 9, 16, 23, 30, June 6 & 13,  
9am-10am At Grayling City Hall.

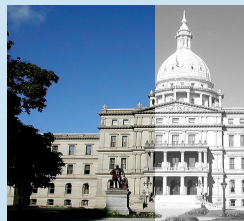


Walking regularly can help reduce many different types of chronic pain. Walk with Ease is a FREE six-week program that includes many helpful insights from safe walking to managing pain & stiffness, to strengthening exercises. Call 989-348-7123 to register.

## OLDER MICHIGANIANS DAY

A Rally at the Capitol Building

WEDNESDAY, MAY 16th



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!

## More Happenings @ the Senior Center



**Satellite Lunches**  
Frederic April 13th  
Lovells April 20th



**Hearing Clinic**  
April 16th  
Appt. Required



**Legal Assistance**  
April 25th  
Appt. Required



**Chair Yoga**  
April 26th  
at 6pm

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



**Foot Clinic**  
April 10th  
Appt. Required



**DHHS Assistance**  
April 11th  
1pm-4pm  
Appt. Required

