

Crawford County Commission on Aging & Senior Center Activities & Programs December 2018

This Holiday Season. Be the Gift.

GIVE BLOOD

December 4th 12-4:15pm

At the Crawford County Commission on Aging & Senior Center

Michigan Blood. Michigan Lives.

Attempt to donate & be entered for a chance to win a \$100 Meijer Gift Card!

To make an appointment, contact 1-866-MIBLOOD or miblood.org



Tuesday, December 4th at 5:45pm

Community is invited to the Crawford County Commission on Aging & Senior Center for a Christmas Carol Sing-a-Long. Vocalist Pat Fowler and Pianist Mari Ann Henion will lead the caroling.

2018 MEDICARE Open Enrollment Ends December 7th

Prescription Drug Plans, Medigap Plans, & Medicare Advantage Plans change every year. Call the Crawford County Commission on Aging now at 348-7123 to schedule an appointment to go over your insurance coverage for 2019.

CHRISTMAS Concert December 6th, 5:30pm

The community is invited to the Commission on Aging & Senior Center to hear the choir from Mt. Hope Lutheran Church.

They will be bringing joyous music of the season for your listening pleasure.

FREE EVENT OPEN TO THE PUBLIC

Join us for a CHRISTMAS PARTY Thursday, December 6th at 6pm

At the Crawford County Commission on Aging

- Human Christmas Tree Transformation
- Bucket List
- Charades
- Christmas Song Contest.

Just bring your sense of humor for a jolly good time!



Munson Free Breakfast & Health Presentation

Tuesday, December 11th at 9am

at the Commission on Aging & Senior Center

Seasonal Mental Health Disorders

Join Charles Hughes, Behavioral Health Counselor from Munson Physician Network, to learn the signs & symptoms & how to prevent or treat the Winter Blues.



Christmas Dinner

Thursday, December 13th Serving Dinner 4-6pm

No Reservations Required

Sliced Roast Beef, Au Gratin Potatoes, Midori Vegetables, Cranberry Waldorf Salad, Red Velvet Cake



More Happenings @ the Senior Center



Satellite Lunches
Frederic Dec 14th
Lovells Dec 21st



Hearing Clinic
December 17th
Appt. Required



Legal Assistance
December 26th
Appt. Required



Alzheimer's Support Group
Dec 19th
The Brook @ 11am



Foot Clinic
Call for Appt.
December 6th
Appt. Required



Cornhole
Dec. 20th
at 5:45pm



Chair Yoga
No Dec
Chair Yoga