

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

FREE Classes Fitness After Fifty



Zumba Gold



Munson Rehab



NuStep



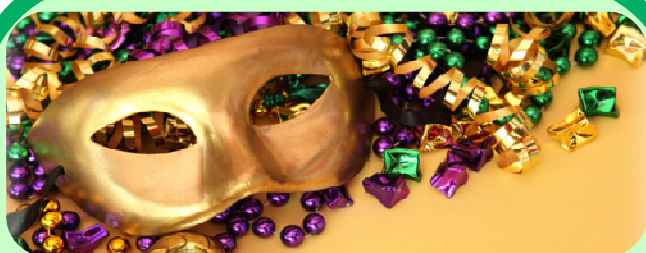
Clogging



Golden Toner

Your HEALTHY Routine for 2018. We have made it easy and FREE!

Join us at the Crawford County Commission on Aging and Senior Center for your favorite fitness activities. Pick out one or all!



Mardi Gras Party

Tuesday, February 13th at 6pm

at the Crawford County Commission on Aging & Senior Center. Prize to be passed from person to person. Last one gets it! A vote for a Queen and King will be taken. A Jester will lead a parade, while everyone salutes to the new King & Queen!

Refreshments to follow!

Valentine's Day Dinner Thursday, February 15th

MENU

Prime Rib
Garlic Roasted Red Skins
Glazed Baby Carrots
Mojito Fruit Salad
Red Velvet Cake

Serving Dinner 4pm-6pm

Suggested Donation for 60+ \$3.00

Under 60 Cost is \$5.00

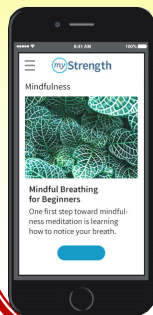
No Reservations Required!

myStrength Presentation & Free Breakfast

Thursday, February 22nd at 9am

at the Commission on Aging & Senior Center

Personal Support for You!



Now you can use web & mobile tools to help you get better and stay mentally strong. These apps can help with depression, anxiety, stress, substance use, chronic pain, & more. Join Courtney Miller, Community Coordinator from Northern Lakes Community Mental Health, as she introduces myStrength & how to sign-up.

CHAIR YOGA

Thursday, February 22nd at 6pm

at Commission on Aging & Senior Center



With instructor
Nicole Wethington

Chair Yoga will help improve flexibility, strength, balance, and focus. Enjoy the many benefits of yoga without sitting or lying on the floor. **FREE Class**

More Happenings @ the Senior Center

DHHS Assistance
February 14th
1pm-4pm
Appt. Required



Foot Clinic
February 13th
Appt. Required



Alzheimer's Support Group
February 21st
The Brook @ 11am



Legal Assistance
February 28th
Appt. Required



Satellite Lunches
Frederic Feb 9th
Lovells Feb 16th



Hearing Clinic
February 19th
Appt. Required



Crawford County Commission on Aging & Senior Center

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