

# Crawford County Commission on Aging & Senior Center Activities & Programs January 2019

## Winter Picnic

Thursday, January 10th, 4-6pm

At the Commission on Aging & Senior Center



BBQ Ribs, Glazed Baby Carrots,  
Steakhouse Potato Salad,  
Fruit Salad, Cherry Pie

Over 60 suggested \$3.50 donation.  
Under 60 \$5.50 cost.

## Winter Party

January 15th at 5:45pm



### Who Will it Be?

Discover who is behind the screen.  
Questions and hints will be given.

Try and guess and you WIN.  
Have your Bucket List ready, too!

## PATH for Chronic Pain

Wednesdays starting January 16th  
from 9am –11:30am

At MSU Extension in Grayling



A FREE 6-week workshop  
designed to educate & empower individuals in  
management of chronic pain & maintain active &  
fulfilling lives. To register call at (989) 348-7123.

## OUT-TO

3rd Friday, Starting  
January 18th  
at 10:30am



Dial-a-Ride monthly trip to Gaylord.  
The trip will include lunch (self-pay)  
& a trip 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. Questions call 989-348-7123.

## FREE Smart Gardening On-Line Webinar



Starting January 22nd at 6pm  
At MHG Crawford Rm

Register by contacting the Community Garden Friends at (989)348-7123



## Smart911

Protecting Millions of Lives

### January 23rd 1-3pm Sign-Up

First responders will be aware of important info. you  
have provided that will help them address your  
emergency. This information – including medical issues,  
current location and even pets - can help Police, Fire  
and EMS locate and help you.

## New to Medicare 2019

Thursday, January 24th at 6pm  
Free Seminar

- ◆ Are you turning age 65 in 2019?
- ◆ Confused by Medicare?
- ◆ How does Medicare work and what does it cover?
- ◆ What options do you have to get the coverage you need?

## RETIREMENT PLANNING SEMINAR

Thursday, January 31st at 5:45pm

Are you planning to retire sometime in  
the next 10-15 years? If you are,  
there are many things you need to  
consider. Among these are Social  
Security, healthcare, housing & more.



Join Karl Schreiner, Advocacy & Resource Coord. to  
discuss the basics of retirement & how you can plan  
for your future should you choose to retire.

## Munson Free Breakfast & Health Presentation

Tues, January 29th at 9am  
Commission on Aging & Senior Center

### Protecting Your Aging Eyes

Learn how to protect your aging eyes & about new  
developments in eye care & treatment for age related  
eye disorders, with Dr. Lindsay Wade, Optometrist at  
AuSable Eye Care.

## More Happenings @ the Senior Center



Satellite Lunches  
Frederic Jan 11th  
Lovells Jan 18th



Hearing Clinic  
December 17th  
Appt. Required



Legal  
Assistance  
January 17th



Chair Yoga  
January 17th  
& 24th

Alzheimer's  
Support Group  
Jan 16th  
The Brook  
@ 11am



Foot Clinic  
Call for Appt.  
January 3rd  
Appt. Required



Cornhole  
Jan 22nd  
at 5:45pm



Crawford County Commission on Aging & Senior Center

308 Lawndale Street, Grayling, MI 49738

(989) 348-7123

