

Crawford County Commission on Aging & Senior Center Activities & Programs January 2020

Winter Picnic

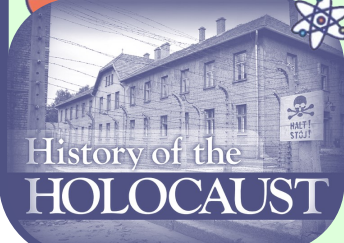
January 9th, 4-6pm



BBQ Ribs
Kentucky Baked Beans
Broasted Yukon Potatoes
Rio Citrus Salad
Black Forest Torte

Grow Your Knowledge Doughnuts & Discussion

January 10th at 9:00am



Join us to dive into an overview of the Holocaust, followed by discussion, and doughnuts. **The cost to attend this event is \$5 per person.**

ESCAPE

The Roaring Twenties
January 14th at 1:00pm
at Northern Michigan Escape Rooms
\$25 per person
Call (989) 348-7123 to register

ALZHEIMER'S DEMENTIA CAREGIVER SUPPORT GROUP

3rd Wednesday of every month
at 11:00am at the Brook of Grayling, 503 Rose St.
alzheimer's association®

CHAIR YOGA




Thursdays at 5pm
January 16th &
January 23rd
Free & Open to the Public!

Breakfast Presentation

Low Vision Solutions

Tuesday, Jan 21st at 9am
With Nancy Simmons of Low Vision Solutions

If your vision impacts your ability to do your daily tasks such as reading mail or crossing the street come to learn more about low vision resources and tips for simple day-to-day tasks. Donations greatly appreciated.



Paint Party



January 23rd,
12-2:30pm
\$30/person includes all supplies/materials you will need to create this sign.

WALKING GROUP

Meet at 1pm Mondays, Wednesdays, and Fridays at the main entrance of Kirtland Community College starting January 27th for 6 weeks of indoor exercise. Registration is required; call (989) 348-7123.



More Happenings @ the Senior Center

 <p>Satellite Meals Frederic Jan 10th No Lovells Satellite</p>	 <p>Hearing Clinic Jan 20th, 1-4pm Appt. Required</p>	 <p>Legal Assistance Jan 16th, 1-4pm Appt. Required</p>	 <p>Euchre Game Tuesdays 1pm</p>
 <p>Mahjong Game Wednesdays 1pm</p>	 <p>Pet Assistance Free Dry Dog & Cat Food for those who qualify</p>	 <p>Foot Clinic Call for Appt. Jan 2nd, 11:30a-6p Appt. Required</p>	