

Crawford County Commission on Aging & Senior Center

Activities & Programs

January 2022

Winter Picnic


January 13th, 11:30-1pm



BBQ Ribs
Potato Salad
Honey Glazed Carrots
Rio Citrus Salad
Apple Pie

FLU & COVID-19 VACCINE CLINIC

January 6th, 2022
9:00am-12:00pm
The New Senior Center
4388 M-72, Grayling
No appt. necessary



BINGO

Medicine Shoppe Bingo
Jan 6th from 3-4pm

SilverSneakers

Mondays and Wednesdays
Starting January 10th
from 10-11am
At the new Senior Center located
just east of Grayling on M-72





Starting Jan 13th
Thursdays
from 10-11am
At Kirtland
\$2 / Walk



Indoor Walking Program

PiCtioNaRy TiMe

Tuesday, January 18th
at 12:30pm

Snowshoe Outings

January 19th and January 26th
1:30pm, At Hartwick Pines

Paint Party

January 31st,
1:00-3:00pm
\$20/person includes all supplies you will need to create a piece of decor.



More Happenings @ the Senior Center



Free Equipment
Contact Kathy about free medical equipment



Hearing Clinic
With Dr. Hamilton
By Appt. Only



Legal Assistance
By Appt. Only



Intro to Zoom
Jan 21st
2pm



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



DHHS Assistance
Get help with benefits & relief



Commodities
Wed, Jan 12th
9:30-10:30am
St. Mary's Church