


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



Hawaiian Party
Tuesday, March 6th at 6pm
 Celebrate the warmth of the tropics at the Commission on Aging & Senior Center!
GAMES, DESSERT & FUN
 Everyone gets a Lei to wear!

Honoring Bernie Fowler:
**The Civil Servant,
 the Fisherman, the River Guide, the Paddler.**
March 8th at 5:30pm



Stuart Fowler will take us back over the years and remember the man who was also his father; Bernie Fowler. **This event is free and open to the public.**

St. Patrick's Dinner
Thursday, March 15th
Serving Dinner 4pm-6pm

**Corned Beef & Cabbage
 Boiled Potatoes
 Carrot Coins w/Garlic Butter
 Irish Fluff & Mint Brownies**

No Reservations Required!



Munson Free Breakfast Presentation
Tuesday, March 20th at 9am
 at the Commission on Aging & Senior Center
 308 Lawndale St. Grayling



Are YOU at RISK?
 Join Tina Fluegel, BSN, Diabetes Educator, Munson Healthcare Grayling Hospital to learn about Type 2 Diabetes Risk Tests and steps you can take to lower your risk for Type 2 Diabetes!




GIVE BLOOD
Tuesday, March 20th 1-6pm
 At the Crawford County Commission on Aging. Contact 1-866-MIBLOOD or miblood.org to make your appointment.

Attempt to donate & be entered for a chance to win a 2 Night Stay in a Family Suite w/ water park passes compliments of **Great Wolf Lodge!**




Daniel House
Thurs, March 22nd, 6pm



Dan brings with him a strong love for instrumental excellence through his finger style guitar, mandolin, and mountain dulcimer arrangements. Come and enjoy this **FREE CONCERT** at the Senior Center.

CHAIR YOGA
Thursday, March 29th at 6pm
 at Commission on Aging & Senior Center



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

More Happenings @ the Senior Center

<p>DHHS Assistance March 14th 1pm-4pm Appt. Required</p> 	<p>Foot Clinic March 13th Appt. Required</p> 	<p>Alzheimer's Support Group March 21st The Brook @ 11am</p> 
<p>Legal Assistance March 28th Appt. Required</p> 	<p>Satellite Lunches Frederic March 9th Lovells March 16th</p> 	<p>Hearing Clinic March 19th Appt. Required</p> 