

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

## Pet Assistance Program



**Do you need help with getting your pet spayed or neutered?**

Eligible people, 60 yrs or older, may obtain a coupon for 50% off the spay and neuter procedure. Call 348-7123 to see if you qualify!

Special thanks to Fick & Sons for their support of this program



## Line Dancing

**Tuesdays at 2:30pm starting March 5th**

A low-impact cardiovascular exercise with choreographed steps that improve balance, flexibility, and motor coordination. Come join us for some fun and exercise. Bring your cowboy boots, or any hard soled shoes, and let's dance!

## St. Patrick's Dinner

**Thursday, March 14th  
Serving Dinner 4pm-6pm**

**Corned Beef & Cabbage, Boiled Irish Potatoes, Parsley Baby Carrots, Irish Fluff & Mint Brownies**

**No Reservations Required!**



**Every 3rd Friday  
March 15th at 10:30am**

## Out-to-LUNCH BUNCH

Dial-a-Ride monthly trip to Gaylord. Trip includes lunch (self-pay) & 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. **989-348-7123**

## PATH for Chronic Pain Class

**Tues April 9th – May 14th 1pm to 3:30pm**  
Workshop to help individuals in management of chronic pain.

**To register for these classes call (989) 348-7123**

## Matter of Balance Class

**Starting April 10th, 10am-12pm**  
Workshop to help individuals learn how to reduce falling & increase activity



We are looking for caring adults age 55 & older to join our **Friendly Visitor Program**. As a volunteer of this program you will provide friendly visits

to those 60 years of age & older. Your visit on a regular basis to a senior will reduce isolation and provide stimulating activities and companionship. Call the COA at 989-349-7123 to sign-up!



**Thursday March 21st at 5:45pm**

Find out how well you know your partner!  
Laugh! Cry! But no fighting!

If the Newlywed Game is not your style, stay & watch, then play Bingo after!

**Unlimited games! Prizes! Dessert!**



## Breakfast & Health Presentation

**Tuesday, March 26th at 9am**  
Commission on Aging & Senior Center  
**Nutrition as We Age**

Interactive presentation on making healthy choices! With Denise Aungst, MSU Extension Community Nutrition Instructor



## Financial Empowerment

**Thursday, March 28th, 1pm-3pm**  
Council Chamber Rm, Grayling City Hall  
Ashley Gagnon, a HUD Certified Financial Coach will present learning to live on a budget and tracking your spending. Including couponing, smart shopping, effective ways to reduce expenses, and ways to reduce your energy expenses.  
Call to register at 348-7123.



## More Happenings @ the Senior Center



### Satellite Meals

Frederic Mar 8th  
Lovells Mar 15th



### Hearing Clinic

March 18th  
Appt. Required



### Legal Assistance

March 21st



**Zumba Every Tues**  
Gold 10am

### Alzheimer's Support Group

Mar 20th  
The Brook @ 11am



### Foot Clinic

Call for Appt.  
March 7th  
Appt. Required



### Chair Yoga

March 21st & 28th @ 6pm



Crawford County Commission on Aging & Senior Center

308 Lawndale Street, Grayling, MI 49738

(989) 348-7123

