

# Crawford County Commission on Aging & Senior Center

## Activities & Programs

### March 2020

### St. Patrick's Dinner

**Thursday, March 12th, 4-6pm**

**MENU**

- Corned Beef & Cabbage
- Parsley Boiled Potatoes
- Ginger & Brown Sugar Glazed Carrots
- Green Irish Fluff
- Chocolate Mint Crème Pie



**March 16-April 17**

**Mondays & Fridays from 1-2pm At Kirtland**

**Wednesdays from 4-5pm At Grayling Elementary**

### Winter Walking Program




### Breakfast Presentation

**Scams, Schemes, and Frauds**  
**Tuesday, Mar 17th at 9am**

*With Brian Koboldt from the Michigan State Police*

Learn about some of the internet scams impacting the senior citizen community and the actions our seniors should take if contacted by any of these scammers. Donations greatly appreciated.




## Smart911

Protecting Millions of Lives

**Sign-Up, March 18th, 1-3pm**  
**At the Senior Center**

Your information – including medical issues, current location and even pets — can help Police, Fire and EMS locate and help you quickly and efficiently when you call 911.



### heartsaver HERO


### First Aid, CPR w/ AED Certification Event

**Thursday, March 19th from 2-7pm**

Open to the public!  
Call (989) 348-7123 to register.

### New to Medicare Seminar

**Wednesday, March 25th at 9:30am**



Join Tammy Findlay, Advocacy & Resource Coordinator, at the Senior Center for a presentation that will help demystify the issues

### Grow Your Knowledge Doughnuts & Discussion

**March 27<sup>th</sup> at 9:00am**



Join us to dive into how the civil war impacted American art, followed by discussion, and doughnuts. \$5 per person.

### Paint Party

**March 31st, 2:30-4:30pm**

**\$30/person** includes all supplies/materials you will need to create a 2-foot tall, pallet-wood, carrot sign.



## More Happenings @ the Senior Center

 <p><b>Satellite Meals</b> Frederic Mar 13th No Lovells Satellite</p>	 <p><b>Hearing Clinic</b> Mar 16th, 1-4pm Appt. Required</p>	 <p><b>Legal Assistance</b> Mar 19th, 1-4pm Appt. Required</p>	 <p><b>Mahjong Game</b> Wednesdays 1pm</p>
 <p><b>Alzheimer's Support Group</b> Mar 18th The Brook @ 11am</p>	 <p><b>Pet Assistance</b> Free Dry Dog &amp; Cat Food for those who qualify</p>	 <p><b>Foot Clinic</b> Call for Appt. Mar 5th, 11:30a-6p Appt. Required</p>	