

Crawford County Commission on Aging & Senior Center Activities & Programs November 2019

Thanksgiving Dinner

Thursday, November 14th, 4-6pm


Roasted Turkey,
Mashed Potatoes w/ Gravy
Cranberry Dressing
Corn w/ Red Peppers
Coconut Fruit Salad
Pumpkin & Assorted Pies



PATH for Chronic Pain

Wednesdays from 1-3:30pm
Nov 6th-Dec 11th

At MSU Extension Office
Free 6-week workshop to educate and empower individuals in management of chronic pain and maintaining active and fulfilling lives.



Stress Less with Mindfulness

Thursdays from 10-11am
Nov 7th-Dec 12th

At MSU Extension Office
Free 5-week workshop to teach and encourage the use of mindfulness self-care skills to help one feel better and enjoy life more.



Autumn Wreath Workshop

November 5th from 5-6:30 pm

\$25 per person includes all supplies & materials plus step-by-step instructions to make this autumn-inspired wreath. No experience necessary. Registration required.



Christmas Sing-a-Long

Tuesday, December 3rd, 5:45pm



Bronner's CHRISTmas WONDERland

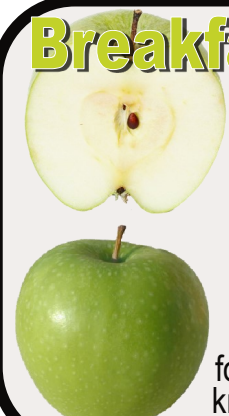
Tuesday, December 3rd from 9am-4:30pm

Shop for personalized ornaments, a variety of collectibles, or décor to spice up your home for the holidays. \$30 includes transportation and lunch. Bring your own spending money. Registration due Nov 27th.



Breakfast Presentation

Diabetes Education
Tuesday, Nov 26th at 9am
With Tina Fluegel of
Munson Medical Center, Grayling
Learn valuable information about information and insight regarding diabetes and a multi-disciplinary approach to addressing this disease for either yourself or for someone you know. Donations greatly appreciated.



Pallet Paint Party

At the Grayling Nature Center
December 5th, 1- 2:30pm
No experience is required to make this "Merry Christmas" pallet wood sign! \$25 per person includes all the supplies/materials you will need to paint your work of art. Registration is required.



More Happenings @ the Senior Center

 <p>Satellite Meals Frederic Nov 8th Lovells Nov 15th</p>	 <p>Hearing Clinic Nov 18th, 1-4pm Appt. Required</p>	 <p>Legal Assistance No Legal Asst. in November</p>	 <p>Mahjong Game Wednesdays 1pm</p>
 <p>Alzheimer's Support Group Nov 20th The Brook @ 11am</p>	 <p>DHHs Assistance Nov 27th, 1-4pm Appt. Required</p>	 <p>Foot Clinic Call for Appt. Nov 7th, 11:30a-6p Appt. Required</p>	