

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

Harvest Dinner Thursday, Oct 10th

Garlic Roasted Cornish Hens
Honey Glazed Carrots
Wild Rice w/ Green Onions
Cranberry Relish Salad
Cherry Cobbler

Sponsored by *THE SWEET LIFE*

PATH for Chronic Pain

Thursdays from 1-3:30pm
Oct 10th-Nov 21st

At MSU Extension Office

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



Smart911

Protecting Millions of Lives

Sign-Up, October 16, 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.

WALK IN THE WOODS Fridays at 10am

The Walk in the Woods program is back! Come explore the beautiful fall colors. This program will run from September until the end of October. Sign up anytime to be contacted for schedule updates or other information by contacting Kaitlyn Grieb at 989-348-7123.

HAUNTED HALLOWEEN

FAMILY FEUD

OCTOBER 17TH AT 5:45 PM

Sign up your teams of 5 players or register as a single player by calling 989-348-7123. Sponsored by *Grayling Restaurant*.

Grow Your Knowledge

Dessert & Discussion
October 24th at 5:30pm



Join us to learn about Franklin D. Roosevelt, followed by discussion, and dessert. The cost to attend this event is \$5 per person.

Breakfast Presentation

Winter Weather Safety & Emergency Preparedness
Tuesday, October 22nd at 9am

With Jim Keysor of the National Weather Service

This presentation will explain lake effect snow, highlight several historic winter events, and feature tips on winter weather safety and preparedness. Donations are greatly appreciated.

HALLOWEEN PARTY

October 31, 2019
at 5:30 pm

More Happenings @ the Senior Center



Satellite Meals

Frederic Oct 11th
Lovells Oct 18th



Hearing Clinic

Oct 21st, 1-4pm
Appt. Required



Legal Assistance

Oct 17th, 1-4pm
Appt. Required



Alzheimer's Support Group

Oct 16th
The Brook @ 11am



DHHS Assistance
Oct 23rd, 1-4pm
Appt. Required



Foot Clinic
Call for Appt.
Oct 3rd, 11:30a-6p
Appt. Required



Bridge Game
Mondays
1pm



Crawford County Commission on Aging & Senior Center

308 Lawndale Street, Grayling, MI 49738

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