

# Crawford County Commission on Aging & Senior Center

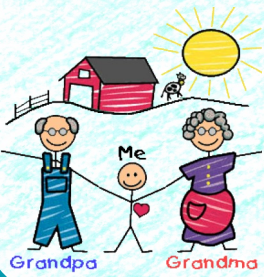
## Activities & Programs

### September 2021

#### Grandparent's Day Luncheon

Thursday, September 16th, 11:30a-1pm

*Take Out Only*



BBQ Ribs, Potato Salad, Green Bean Casserole, Tropical Fruit Blend, & Assorted Desserts

#### New to Medicare Seminar

Wednesday, Sept 22nd at 1pm



Join our Advocacy & Resource Coordinator via Zoom for a presentation that will help demystify the issues surrounding Medicare.

#### SENIOR Project FRESH

Contact Tammy Findlay at (989) 348-7123 to get your coupons!

#### Address Signs Save Lives.

Get yours today!

Available FREE for Crawford County Residents ages 60+

Contact Tammy Findlay

2057

#### Canning Jars Available



Are you looking for canning jars this year? We would be glad to share them with you for a donation. If you are interested in obtaining jars, please contact Alice (989) 348-7123.

#### WALK IN THE WOODS

Wednesdays at 1pm

Contact Toby at 989-348-7123 for dates and locations.

## Fitness after Fifty Classes!

#### Zumba Gold

This dance fitness class focuses on range of motion, coordination, and balance while moving to a wide variety of rhythms.

Tuesdays 10am, starting Sept 7th at 4388 M-72 east of Grayling

#### Clogging

This fun, easy-to-learn folk dance is free to both men and women. No dance experience or tap shoes are required, just come as you are!

Monday 1:30pm, starting Sept 13th at 4388 M-72 east of Grayling

## More Happenings @ the Senior Center



#### Free Equipment

Contact Kathy about free medical equipment



#### Hearing Clinic

With Dr. Hamilton By Appt. Only



#### Legal Assistance

By Appt. Only



#### Alzheimer's Support Group

Sept 15th The Brook @ 11am



**DHHS Assistance**  
Get help with benefits & relief



#### Commodities

Wed, Sept 8th 9:30-10:30am St. Mary's Church



#### Intro to Zoom

Sept 15th 12pm