## Crawford County Commission on Aging & Senior Center January 2026 Activities and Programs

#### Weekly Board Games January 2<sup>nd</sup>, 2:00 pm - 4:00 pm

Bring your friends and family to the Senior Center every Friday and try a new board game, or play an old favorite. Games are available in the Activity Room and requests are accepted if we don't have the game you want. The Senior Center wants to be the place for friends and families to gather. We hope to bring a little bit of fun to your Friday afternoons. Come by from 2:00 – 4:00 pm to play games and have great conversations.

## Mason Jar Crafting Class January 12<sup>th</sup>, 10:00 am

Melanie Douglas will be back with another crafting class. The class is \$5.00 per person. The cost of the class will cover the cost of supplies for each person. This class will provide participants with the opportunity to design and make a few different crafts using mason jars. To participate in the class, please call 989–348–7123 to reserve your spot, since the class size is limited to 12 people.

#### Blood Drive January 14<sup>th</sup>, 1:00 pm – 3:00 pm

Kick off the New Year with a donation to the Versiti Blood Bank. Donating blood is vital because small hospitals often have limited supplies and rely on donations. Each donation helps ensure that patients in our community don't have to wait for life-saving blood to be transported from larger cities

#### Winter Picnic Special Dinner January 15<sup>th</sup>, 4:00 pm - 6:00 pm

Don't let the winter blues get you down, come out and enjoy the feeling of summer in January. The Winter Picnic Special Dinner will feature BBQ Ribs, Potato Salad, Coleslaw, and Lemon Bars. The door prize this month is a Retro Toaster donated by the Haag Family. Dinner is a suggested donation of \$4.00 for those over 60, and a cost of \$8.00 for those under 60.

#### Kate's Cooking Class January 6<sup>th</sup> & 20<sup>th</sup>, 1:00 pm

On January 6, explore the tastes of France as you channel your inner Julia Child. You'll prepare a classic French vinaigrette over mixed greens and craft a comforting Potato Leek Soup (Vichyssoise for those feeling fancy). Then on January 20, enjoy a taste of the Southern U.S. with fluffy buttermilk biscuits and homemade sausage gravy, a quick, cozy, and endlessly satisfying dish perfect for breakfast, or any time of day.

#### Monthly Grief Support Group January 13<sup>th</sup>, 10:00 am

This grief support group offers a private and compassionate space for individuals who are currently grieving, as well as those who have experienced loss in the past. Open exclusively to those who have lost a loved one through death, the group provides both emotional support and educational guidance. Sessions will be held once a month on the second Tuesday and will last 90 minutes.

### Write Your Own Story Starts January 14<sup>th</sup>, 12:30 pm

Do you remember a lot of interesting things about your life? And would you like your kids and grandkids to know about it? A class about writing your memoirs is going to be held here at the Senior Center, taught by Cathy Lester, an accomplished writer who enjoys guiding others in the writing process. This class will meet weekly through March.

# Secretary of State Mobile Office February 9<sup>th</sup>, 10:30 am - 3:00 pm

To schedule an appointment, please call 989-348-7123. For the most current pricing and fee information, please reach out to your local Secretary of State office. A wide range of services is available, including driver's license renewal, license plate renewal, handicap placard renewal, and more. Appointments are recommended to ensure prompt service and minimal wait time.

## Also Available Through the COA & Senior Center

- Free Equipment
   Contact Kathy for information about free medical equipment
- New to Medicare
   January 21st, 9:00 am
- <u>Legal Advice</u>
   January 15th, Appointments
   Only, Starting at 1:00 pm
- Blood Pressure Checks
  Wednesday mornings,
  8:30 am 10:00 am
- Housing Counseling
   January 13<sup>th</sup>, 9:00 am

   By appointment
- Alzheimer's Support Group
   January 21st, 11:00 am
   @ The Brook
- DHHS Assistance
   Get help with benefits and relief
- Commodities
  January 28th,
  1:00 pm 3:00 pm
- <u>Tuesday Tech Support</u>
   Tuesday Afternoons
   By Appointment Only



Crawford County Commission on Aging & Senior Center (East of town) 4388 West M-72 Hwy, Grayling, MI, 49738

