

# Senior Moments

MANISTEE COUNTY COUNCIL ON AGING

## Meet the Staff



**Sarah Howard**  
*Executive Director*

**Jeanne Barber**  
*Executive Assistant*



**Nancy Fortin**  
*Asst./Facility Maint.*

**Hilary McKie**  
*Senior Nutrition*



**Nanette Cooper**  
*Receptionist*

**Lindsay Meyer**  
*RN Med Mgmt*



**Molly Cichy**  
*Bookkeeper*

## Board of Directors

**Judy Crockett**  
*President*

**Ashley Gutowski**  
*Vice President*

**Marlene McBride**  
*Secretary*

**Maureen Barry**

**Marie Linn**

**Howard Gimpel**

**Gary Madden**

## News & Notes from Sarah

Hello, Manistee County! Happy October! Can you believe how fast September flew by? I have so many great memories about October. I always think about things I dressed up as a kid and I think of what my kids dressed up as when they were kids. My mom made an awesome dinosaur costume that my son Jack wore 24 years ago. My grandson Harley, who is 5, wants to wear it this year. They both love or loved dinosaurs. It is so much fun, my son Jack is a sixth-grade elementary school teacher and he still loves dinosaurs. He puts them throughout his classroom in Colorado. When my husband and I visited his class last year, all of the kids asked us if he loved dinosaurs as a kid. It was fun to let them know how much he loved them his whole life.

As a kid I always wanted a store-bought costume. My mom, who was a 6th grade and an art teacher for the school, really encouraged us to figure out how to make costumes that we made ourselves. I can remember being a hobo, a babydoll and a ghost. My mom helped me make so many great costumes for my kids. She always worked so hard to make what they wanted. I will say my mom is the best and she always went above and beyond for her grandkids.

Have you ever thought about your legacy? As I was writing this, I was thinking of what my grandkids would think of me right now. Now remember, they are 9, 6, 5, 3, 3, 1 & 1. I just so happen to be the best grandma to my 7 grandkids!!!! They always act as if they haven't seen me in 100 years when they see me and make such a big deal. They also love to snuggle with me. But what I hope they always remember is that grandma loved them always. They have been the light in my life and I love them unconditionally. As a grandparent, I don't think there is anything better in life. I love my sweethearts more than anything and I

always will.

We have had a tough month with the loss of several of our seniors. I am really struggling with the way life moves on. I always feel as we move forward, but in my heart, I can't believe how many wonderful people we have said goodbye to lately. I am really trying to move forward, but we really love our seniors that come in and hang out with us. I am always so surprised with how life moves forward. I hope their families and friends know how each passing really takes a toll on all of us. I am amazed how someone who comes in today, and is so vibrant, but a day later they move on. How lucky are we to get to spend this wonderful time with them. I feel very blessed to be a part of their lives.

We had a charter bus full of seniors that went on a week-long trip to Niagara Falls. Everyone had a great time and Maureen is planning on doing two more trips. I will let you know soon what the next couple of trips are as soon as she shares with me where they are going. These will be some great trips that will be fun and interesting. If you want to have a great time and do some traveling, give us a call for some more information.

We have so much going on at the senior center in October. Please call and get signed up for something at the senior center this month. I promise, you will be pleased to find something fun and interesting to do at the Wagoner

Community Center in October. I hope you have a wonderful October and remember to try something new!



## Services

**Senior Food Bank:** Third Friday Jan - Nov. Next Food Bank: **Fri., Oct. 20.**

**Free Attorney Consultations:** 2nd Monday. Next attorney consultations: **Oct. 16.** By appointment only.

**Eyeglass Clinic:** 2nd Wed., 10:30 a.m. provided by Coastal Woods Vision

**Hearing Aid clinic:** 2nd Tues., Jan., April, July & Oct., 1 p.m. Appointment only. Provided by Beltone Hearing  
**Next clinic Oct 10**

**MMAPS Services (Medicare, Medicaid Assistance Program):** Tuesdays, by appointment only



Phyllis Armstrong 1  
Lorraine Basil 1  
Mary Lou Pearson 1  
Mark D. Anderson 2  
Leslie Hellman 2  
Rosemary Lee 2  
Caryll Randall 2  
Raedine Van Beelen 2  
Doug Malm 2  
Marcia Blood 3  
Patti Carter 3  
Sandy Cabot 4  
Paul Jones 4  
Dale Mayhew 4  
Joesph Zieroff 4  
Ron Ringel 4  
Mary Pat Barry 5  
Alice Maidens 5  
Sharon Muszynski 5  
Chris Wrzesinski 5  
Madelyn Klusowski 5  
Kim Engstrom 6  
Jeanne Boyko 7  
Skyla Kruzel 7  
Donna Meduna 7  
Fred Niles 7  
Rosemarie Veine 7  
Mary Carpenter 7  
Marie Honsinger 7  
Arlene Adamski 8  
Constance Kilbride 8

Laurie Kosiboski 8  
Carolyn Kraw 8  
Stanley Lesiak 8  
Karen Newsome 8  
Patt Gilbert 8  
Pam Smuda 8  
Christine Bergey 9  
Helen Bradford 9  
JoAnne Campbell 9  
Barbara Snay 9  
Mary Steinberg 9  
Kenita Turkowski 9  
Pamela Cooper 10  
Martha Day 10  
Dawn Doehne 10  
Victoria Kiefer 10  
Richard Taylor 10  
Denise Wagoner 10  
Michael Mackin 10  
Lisa Torress 10  
Kathleen Rosencrans 10  
Jerry Jacobs 11  
Dan Ursum 11  
Margaret Zajac 11  
Linda Hall 11  
Richard Greenwood 12  
Lucille Hoffman 12  
Nancy Kowalski 12  
Tom Amor 13  
Mike Lyman 13  
William Snover 13  
Lee Dipple 13

Jan Peterson 13  
Julia Davidson 14  
Bonnie Karash 14  
Donna Melzer 14  
Donna Wallace 14  
Cindy Carter 14  
Voight Albright 15  
Patricia Baumbach 15  
Bobbie Brown 15  
David Dittmar 15  
Sharron Griessel 15  
Mary Jerore 15  
Kevin Tribell 15  
Nanette Cooper 16  
JoAnn Erdmann 16  
John Trobaugh 16  
Bob Leatherman 17  
Debbie Mulder 17  
Joyce Frechette 17  
Judy Elzinga 18  
Linda Milarch 18  
Debbie Miller 18  
David Peters 18  
Lori Polcik 18  
Ted Ross 18  
Mary Ann Dancer 20  
Darrel Detzler 20  
Nancy Fortin 20  
Lydia Gallegos 20  
Sharon Minster 20  
Carol Davey 20  
Mary Ann Cole 21

## Exercise Opportunities

**Sit & Get Fit (Manistee):** 10 to 10:30 a.m., Tues & Thur (activity hall)

**Sit & Get Fit (Onekama)** 10:30 a.m., Mon. & Wed., Farr Center, Becky Kline coordinator 889-4690

**Sit & Get Fit (Wellston):** 9 a.m., Tues & Thurs., Norman Twp. Comm Center

**Chair Yoga:** Tues., 3:30 p.m. .

**Indoor Walking:** Daily, center open 8-4:30.

**Tai Chi:** Mon., Wed., Fri. 9 a.m. during inclement weather

## NEW CLASSES

**Balance & Stretching:** Mon., 1 p.m. and Fri. 10 a.m.

**Cardio Drumming:** Wed. 1 p.m.



Kathy Cook 21  
Deb French 21  
Pudge Griffen 21  
Linda Hatton 21  
Diana Huntley 21  
Janice Vostinar 21  
Kathy Yoder 21  
Michael Rowilson 22  
Donna Kukla 23  
Arlene Walter 23  
John Landman 23  
Bonnie Harwell 24  
Jane Krolczyk 24  
Joni Markiewicz 24  
Alyson Whitesell 24  
Judy Asiala 25  
Joseph Fisk 25  
Ken Pronski 25  
Margaret Laskowski 26  
Ron Redman 26  
Vera Bohannon 26  
Ron Ciceri 27  
Sue Mucha 27  
Bill Allen 28  
Pamela Preuss 28  
Kerry Schubach 28  
Larry Akers 29  
Dianne Hill 29  
Patricia Johnson 29  
Sandra Trowbridge 30  
Jay Krause 30  
Maria Danks 31  
Jon Mezeski 31  
Alice Sutton 31

HAPPY  
birthday

## Dementia Support Group

The dementia support group will meet the second Thur. of the month. The group is a supportive, friendly gathering for caregivers, family members or anyone interested in learning more about and supporting our senior dementia community. The next meeting will be **Oct. 12** at 3 p.m. Contact Jacki Krolczyk, (231) 883-1341 for more information.

## Parkinson's Support Group

The Parkinson's support group meets on the 3rd Thursday of each month (except Jan & Feb). This month's support group will meet Thurs., **Oct. 19**, 11 a.m. at the Wagoner Community Center. Please call Marianne Blair 586-917-8964 for information.



**Fri., Oct 20 8:30 a.m.**  
Caitlin Lorenc from the MSU Extension office will be presenting a cooking demo during the senior food bank. She uses ingredients from the food bank to make delicious dishes.



**Blood Pressure Clinic**  
**Wednesdays**  
**at 10 a.m.**  
at the senior center.

## NEW EXERCISE CLASSES!

**Cardio Drumming**



**Wed.,**  
**1 p.m.**

**Balance & Stretching:**

**Mon.**  
**1 p.m.**  
**Fri.**  
**10 a.m.**



at the senior center.  
Call 723-6477 for more info

## OCTOBER IS BREAST CANCER AWARENESS MONTH

### Know Your Risk

Knowing your family history is lifesaving.

### Get Screened

If you have any signs of breast cancer, finding it early and treating it early may save your life.

### Know Your Normal

It's important to know what's normal for you so you can talk with your health care provider if something doesn't look or feel right.



Join Ed Forfinski from Smith & Eddy insurance here at the senior center for a **Medicare Open Enrollment educational get together**. Be sure to bring your questions about open enrollment.

**Thurs., Oct 5, 1 p.m.**  
Call to register  
723-6477

## Dealing with Isolation and Depression?

Treatment for social isolation is connected to an extra \$6.7 billion dollars in Medicare spending every year.

Join Judy Neis, retired RN, for a discussion about coping with isolation and depression **Thur., Oct 19, 2 p.m.** at the senior center.

723-6477



MICHIGAN STATE UNIVERSITY Extension

## Cooking with Caitlin

**Cooking for One**  
**Fridays, 11 a.m.**  
**Oct., 13 - Nov. 17**

Classes held at the senior center. Class size limited, so call to reserve your spot.  
723-6477

## Wellbeing Services at the Senior Center

**Reflexology w/Sandy**  
**Oct. 2, 9, & 23**  
by donation

Reflexology involves massage of feet and legs, targeting acupressure points. It is not massage therapy. Call the senior center to schedule your appointment

723-6477

**Foot Care Clinic**  
2nd Tues. of the month  
Next Clinic

**Tues., Oct. 10**  
\$20 bring towel  
& basin

Call for an appointment  
723-6477

**Chair Massages**  
**w/Diane**  
by donation

at the Senior Center  
**Mon., Oct. 2, 9, 23**  
Please call to sign up

723-6477

## Benefit Garage Sale

Sat., Oct. 7  
9am-3pm

Senior Center  
260 St. Mary's Pkwy

Household items, pictures, picture frames,  
cabinet, purses, jewelry, much, much more!!  
No clothing.

Proceeds to benefit the  
Wagoner Community Center

## Manistee County Council on Aging

260 St. Mary's Parkway, Manistee

## Sip & Stroke Painting Party

with Paintmistress Lisa Kennedy



Oct 11  
2 pm

\$25/person  
supplies &  
instruction  
provided

Pre-registration is required, call or text

231-690-6972



**Pumpkin Pour  
Painting**  
w/Kathy  
Thur., Oct 12, 1 p.m.  
Call to sign up  
723-6477



**Come Play With Us!!**  
Grab your friends and  
come in for  
**Board Game Mondays**  
2-4 p.m. every Monday  
at the senior center.  
We have games, or bring  
your favorites!  
**We'll have  
the coffee on!**

## Technology Class

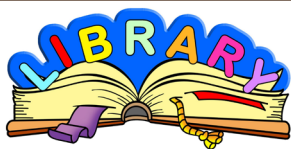


**TECH SUPPORT GROUP**  
**TUES, OCT. 24 ~ 1 P.M.**

Join Chrissy Streeter from the Manistee County Library for "Face Your Online Fears" The internet may seem like a scary place, but there are ways to avoid scams and protect your personal information. Join us for this informative session where we'll discuss frightening tales of tech gone wrong and what we can do to stay safe online this group session and we'll help troubleshoot issues together!

Call the Manistee Senior Center to sign up

723-6477



**TUESDAY, Oct. 24**  
**10 a.m. to 1 p.m.**

Join Chrissy Streeter  
at the  
Wagoner Community  
Center

Chrissy will be offering  
support in the morning,  
in the library area, and  
will hold her tech class  
at 1 p.m.  
Stop by, it will be a drop  
in session with Chrissy.

**Popcorn  
& a Movie**  
Tues., Oct. 24  
1 p.m.  
at the Vogue

Join us for an  
afternoon of  
entertainment as we  
watch a movie. Enjoy  
popcorn and a small  
soda, on us.  
Seniors, 60+  
are welcome  
to sign up.  
723-6477

**Cards & Coffee**  
Tues., Oct. 10 9:30 a.m.

Come learn to create your own greeting cards. We will make 2 cards,  
with all materials provided. No experience necessary.

Call the Senior Center 723-6477 to reserve your spot so we have  
enough supplies for everyone.

COST: \$5 DONATION TO THE WAGONER COMMUNITY CENTER





# HEALTHY AGING MONTH

Healthy Aging Month is observed during the month of September. This observance raises awareness on the physical and mental health of older adults and serves as a reminder that as we age, our minds and bodies change. It is important to maintain a healthy lifestyle to help deal with those changes and to help prevent some common age-related health problems.

You can take a proactive approach to aging by adopting healthy habits and behaviors, managing existing health conditions, and staying connected to your community. Consider practicing the tips below to help you stay active and independent as you age.

- **Eat and Drink Healthy.** Dietary needs may change as you age. A healthy eating plan includes nutritious foods that are low in cholesterol, fat, and artificial ingredients. You should also drink plenty of liquids, especially water, to stay hydrated. Eat nutrient dense foods like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.

- **Move More, Sit Less.** Staying active can help you prevent, delay, and manage chronic diseases, improve balance and stamina, reduce the risk of falling, and improve brain health. Aim for moderate physical activity, like walking, at least 150 minutes a week (22-30 minutes a day) and muscle strengthening activities, like carrying groceries, at least 2 days a

week. Always consult with your doctor before starting a new exercise regimen.

- **Get Regular Checkups.** It is vital to go to the doctor for regular health screenings for healthy aging. Regular checkups help doctors catch chronic diseases early and can help patients reduce risk factors for disease, such as high blood pressure and cholesterol levels. In some cases, regular checkups have been linked to improved quality of life and feelings of wellness.

- **Be Aware of Changes in Brain**

**Health.** Everyone's brain changes as they age, but dementia is not a normal part of aging. There are a variety of healthy behaviors that can be done to reduce age-related cognitive decline or manage dementia. Engaging in social and intellectually stimulating activities, getting enough sleep, and not smoking are a few actions you can take. See your doctor if you have questions about memory or brain health.

## Pumpkin Pie Smoothie

This healthy smoothie recipe has all the flavor of a pumpkin spice latte without all the sugar. Made with real pumpkin and frozen banana, this whips into a creamy, luscious grab-&-go breakfast (or snack) in just 5 minutes.

### Ingredients

1 medium frozen banana  
1/2 cup unsweetened almond milk or other nut milk  
1/3 cup plain whole-milk Greek yogurt  
1/3 cup canned pumpkin puree  
1/8 teaspoon pumpkin pie spice  
1-2 teaspoons pure maple syrup

### Directions

1. Place banana, almond milk (or other nut milk), yogurt, pumpkin

puree, pumpkin pie spice and maple syrup in a blender. Blend until smooth.

*Nutrition Facts*  
*Serving Size 1 smoothie*  
*calories 247*  
*total carbohydrate 42g*  
*dietary fiber 6g*  
*total sugars 25g*  
*added sugars 4g*  
*protein 10g*  
*total fat 6g*  
*saturated fat 2g*  
*cholesterol 11mg*  
*vitamin a 12921iu*  
*vitamin c 14mg*  
*folate 38mcg*  
*sodium 121mg*  
*calcium 343mg*  
*iron 2mg*  
*magnesium 61mg*  
*potassium 740mg*

## MEDICARE OPEN ENROLLMENT 2023



Open Enrollment runs October 15 through December 7 and is the time of year when you can make certain changes to your

Medicare coverage. The last change you make will take effect on January 1. The Michigan Medicare/Medicaid Assistance Program (MMAP) has certified counselors who can help and assist beneficiaries with joining, switching, or dropping a plan during Open Enrollment. MMAP Counselors are unbiased, free of charge for the service, and highly trained to help and assist with making these choices. MMAP's mission is to educate, counsel, and empower Medicare beneficiaries so that they can make informed health benefit decisions.

### Making changes during Open Enrollment

The changes you can make include:

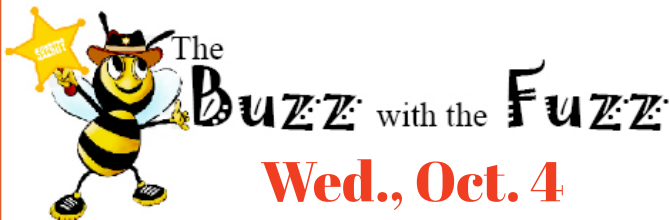
- ✔ Joining a new Medicare Advantage Plan or stand-alone Part D prescription drug plan
- ✔ Switching from Original Medicare to Medicare Advantage
- ✔ Switching from Medicare Advantage to Original Medicare (with or without a Part D plan)
- ✔ Changing from one Part D plan to another



Call MMAP at 1-800-803-7174 or **Manistee County Council on Aging 231-723-6477** to set up an appointment with a MMAP counselor!

## SENIOR POTLUCK

Sun, Oct. 22 1 p.m. at the senior center  
Bring a dish to pass and join us for fun,  
food & fellowship.



The 1st Wednesday of each month 12:30 p.m.  
This month, the K-9 team, Deputy Brandon Gillispie & Faro will at the Senior Center.  
Call to sign up 723-6477



OCTOBER IS

domestic violence awareness month

**Domestic Violence Awareness**  
Wed., Oct. 25 1 p.m.

Domestic (Intimate Partner) Violence has been found to occur in about 25% of relationships in the United States. It can result in low-self-esteem, serious injury and even death. Members of The Domestic Violence & Sexual Assault Response Team will present an overview of this major social & health problem, explain the services available in Manistee County, and address questions you may have.

*After the presentation you will be invited to make a quilt square to contribute to the quilts being made by the Victorian Quilters Group as gifts to the organizations working to help survivors of domestic violence.*



Tues., Oct. 31 ~ 11 a.m. - 3 p.m.  
Come party with us!

*Wear a costume if you like, or get decked out in your favorite flannel! Music, dancing, lunch at the Manistee Senior Center*  
Music by the Playing It Forward Band  
Lunch provided by Zupin Catering  
**Tickets \$12**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Oven roasted pork loin Scalloped potatoes Green beans Pineapple tidbits Roll	<b>3</b> Chicken alfredo Steamed broccoli Sliced carrots Fruit cocktail Biscuit	<b>4</b> Cheeseburger on bun Potato coins Baked beans Fresh apple slices	<b>5</b> Chicken salad sandwich Coleslaw Beets Craisins	<b>6</b> Stuffed cabbage Stewed tomatoes Spring blend veg Blueberries Roll
<b>9</b> Cheese ravioli Spinach Capri blend veg Sliced peaches Bread	<b>10</b> Sweet & sour meatballs Steamed cauliflower Asparagus Mandarin oranges Roll	<b>11</b> Homemade beef stew Wax beans Cook's choice veg Diced pears Biscuit	<b>12</b> Orange blossom chicken Oriental blend veg Diced carrots Grapes Roll	<b>13</b> Italian sausage on bun Sauteed peppers & onions Cheese potato bake Applesauce
<b>16</b> Chicken drumstick Mashed potatoes w/gravy Peas & carrots Fruit cocktail Roll	<b>17</b> Shredded pork BBQ on bun Baked beans Steamed corn Cinn apple slices	<b>18</b> Baked fish Lima beans Winter blend veg Diced peaches Roll	<b>19</b> Pork chop steak Sweet potatoes Steamed brussel sprouts Sliced pears/Bread	<b>20</b> Chicken tenders Mixed veg Root blend veg Banana Roll
<b>23</b> Scrambled eggs Sausage Sauteed peppers/ onions/Potato coins Blueberry muffin Juice	<b>24</b> Tuna noodle casserole Steamed peas Squash Strawberries Roll	<b>25</b> Homemade meatloaf Mashed potatoes Green beans Applesauce Bread	<b>26</b> Wet burrito Refried beans Fiesta corn Mandarin oranges Roll	<b>27</b> Oven roasted sliced turkey/ Oven seasoned potatoes Asparagus Cranberry sauce Stuffing
<b>30</b> Chicken cordon bleu Hubbard squash Garlic potatoes Raisins Roll	<b>31</b> Goulash Wax bean Steamed corn Diced peaches Bread <b>No meal at Sr. Center</b>			



## Community Senior Luncheon Schedule

Hot, nutritious meals are available to all Manistee County Seniors at six sites. Donations of \$3 per meal are gladly accepted. Visitors and anyone under 60 are welcome, with a \$5 fee.

Site	Schedule	RSVP #
Wagoner Community Center, Manistee	Monday - Friday at Noon	723-6477
Farr Center, Onekama	No meals at this time	889-4690
Norman Twp. Comm. Center, Wellston	Tuesday & Thursday 11:30 a.m.	299-0330
Pleasant Valley Comm. Center, Arcadia	Tuesday & Friday 12:30 p.m.	510-2890
Marilla Twp. Hall, Marilla	Wednesday at Noon	233-8395
Maple Grove Comm. Center, Kaleva	Thursday at Noon	299-4484

*Be sure to call to reserve your meal by noon, the day before you want to eat at any of the congregate sites.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 9 Tai Chi 10:15 Gotta Have Art <b>10 Dominoes</b> 10 Reflexology 12 Lunch 1 Balance & Stretching 1 Pinochle 1 Mah Jongg 1 Chair Massage 2 Board Games	<b>3</b> 10 Sit & Fit 11 Music w/Suzanne 12 Lunch 12:30 Bridge 1 Pinochle 2 Knit/Crochet circle 3:30 Chair Yoga	<b>4</b> 9 Tai Chi 10 BP Clinic 10:30 TOPS <b>11 Produce Bingo</b> 12 Lunch 12:30 The Buzz w/the Fuzz w/Sheriff Brian 1 Cardio Drumming	<b>5</b> 10 Sit & Fit 10 Cribbage <b>10:30 Sign Language</b> 12 Lunch 1 Chess <b>1 Ed Forfinski Medicare Open Enrollment info</b>	<b>6</b> 9 Tai Chi 10 Balance & Stretching 12 Lunch 12 Piano w/Suzanne 1 Euchre <b>2 Friday Flicks</b>
<b>9</b> 9 Tai Chi 10:15 Gotta Have Art <b>10 Dominoes</b> 10 Reflexology 12 Lunch 1 Balance & Stretching 1 Pinochle 1 Mah Jongg 1 Chair Massage 2 Board Games	<b>10</b> <b>9:30 Cards &amp; Coffee</b> 10 Sit & Fit 12 Lunch 12:30 Bridge 1 Pinochle <b>1 Beltone</b> <b>2 Knit/Crochet circle</b> 3:30 Chair Yoga Foot clinic by appt.	<b>11</b> 9 Tai Chi <b>10 Eyeglass Clinic</b> 10:30 TOPS 10 BP Clinic 11 Fun Bingo 12 Lunch 1 Cardio Drumming <b>2 Sip &amp; Stroke Painting Party</b>	<b>12</b> 10 Sit & Fit 10 Cribbage <b>10:30 Sign Language</b> 12 Lunch 12:30 Cider Run! 1 Chess <b>1 Pumpkin Pour Painting</b> <b>3 Dementia Support</b>	<b>13</b> 9 Tai Chi 10 Balance & Stretching 11 Cooking w/Caitlin 12 Lunch 12 Piano w/Suzanne 1 Euchre <b>2 I Feel Pretty (Nail Painting)</b>
<b>16</b> 9 Tai Chi 10:15 Gotta Have Art <b>10 Dominoes</b> 12 Lunch 1 Balance & Stretching <b>1 Pinochle</b> 1 Mah Jongg 2 Board Games Attorney by appt.	<b>17</b> 10 Sit & Fit 11 Music w/Sue Durant & Janet Stroup 12 Lunch 12:30 Bridge 1 Pinochle <b>2 Knit/Crochet circle</b> 3:30 Chair Yoga	<b>18</b> 9 Tai Chi 10 BP Clinic 10:30 TOPS 11 Fun Bingo 12 Lunch <b>12:30 Color Tour</b> 1 Cardio Drumming	<b>19</b> 10 Sit & Fit 10 Cribbage <b>11 Parkinson's Support</b> 12 Lunch 1 Chess <b>2 Beating Depression &amp; Isolation</b>	<b>20</b> 9 Tai Chi <b>8:30 Cooking Demo</b> <b>9-11 Senior Food Bank</b> 10 Balance & Stretching 11 Cooking w/Caitlin 12 Piano w/Suzanne 1 Euchre <b>2 Friday Flicks</b>
<b>23</b> 9 Tai Chi 10:15 Gotta Have Art <b>10 Dominoes</b> <b>10 Reflexology</b> 12 Lunch 1 Balance & Stretching <b>1 Pinochle</b> 1 Mah Jongg 1 Chair Massage 2 Board Games	<b>24</b> 10 Sit & Fit 12 Lunch 12:30 Bridge <b>1 Tech Class</b> <b>1 Popcorn &amp; Movie</b> 1 Pinochle <b>2 Knit/Crochet circle</b>	<b>25</b> 9 Tai Chi 10 BP Clinic 10:30 TOPS 11 Fun Bingo 12 Lunch <b>11 Celebrate our Oct birthdays</b> 1 Cardio Drumming 1 Domestic Violence Awareness	<b>26</b> 10 Sit & Fit 10 Cribbage 12 Lunch 12:30 City Patrol w/Chief Glass 1 Chess	<b>22</b> 1 Sr. Potluck  <b>27</b> 9 Tai Chi 10 Balance & Stretching 11 Cooking w/Caitlin 12 Lunch 1 Euchre <b>2 Finger Painting for Adults</b>
<b>30</b> 9 Tai Chi 10:15 Gotta Have Art <b>10 Dominoes</b> 12 Lunch 1 Balance & Stretching 1 Pinochle 1 Mah Jongg 2 Board Games	<b>31</b> <b>11 Fall Flannel Fest party</b>   <b>Happy Halloween</b>			



**Manistee County Council on Aging**  
 260 St. Mary's Parkway | Manistee, MI 49660  
 Phone: (231) 723-6477 | Toll Free: (888) 723-9060 | Fax: (231) 887-4280  
 Serving the senior citizens of Manistee County

Senior citizens of today are just as vibrant, mobile, engaged and seeking fellowship as their younger counterparts.  
 Aging, it's everyone's future. Stay active • Stay informed • Stay involved

[www.manisteecountycoa.com](http://www.manisteecountycoa.com)    [www.facebook.com/ManisteeCountyCouncilOnAging](http://www.facebook.com/ManisteeCountyCouncilOnAging)



**You Gotta Have Art!**  
 Lessons and Laughter

Open to all levels - - bring your own supplies. (acrylics, oils, water colors)  
 Bring your own canvas in a size you'd like. Mon, 10 a.m. Work on a project, or work on your own, at your own pace. We will learn from an instructor and from each other. Develop skills & friendships. Sign up **723-6477**



**Mexican Train Dominoes**  
 Mondays at 10 a.m.

Come join in the fun at the senior center  
 260 St. Mary's Pkwy  
 Manistee

**"City Patrol" with City Police Chief Josh Glass**

Thur., Oct. 26 12:30 p.m.

4th Thurs of the month to discuss your concerns, hear updates and important safety information.



**Finger Painting for Adults**  
 Fri., Oct. 27 2 p.m.

We had so much fun the first time, we decided to try it again. Class is free, all materials supplied. Call to sign up **723-6477**

**CIDER RUN**

**Thur., Oct 12**  
 at Northern Natural Cider House & Winery



Enjoy lunch and drinks at the cider house. Northern Natural's pizza food truck will be on site for lunch. The bus leaves the senior center at 12:30. Lunch is at 1 p.m. We provide the transportation to the cider house. You pay for your meal and beverages.

Call to sign up. 723-6477  
 Join us for this fun afternoon.



**Thank you Manistee Meijer!**

The Manistee County Council on Aging's Senior Food Pantry was chosen as to be part of the Holiday Simply Give Campaign. Dates are Sun., Oct. 1 - Sat., Dec. 30. Double match day is Sat., Dec. 16. (Every \$10 donation, Meijer will add \$20). Just swipe your Simply Give card when you check out. Cards available at Meijer and the senior center.

*I Feel Pretty...*



Come to the senior center  
 Friday the 13th at 2 p.m.

and get pampered.  
*Netters and Bre*  
 will paint your fingernails.  
 Call to sign up  
 723-6477



**COLOR TOUR**

**Wed., Oct. 18 12:30 p.m.**

Travel with us as we see the beautiful colors of autumn, and stop for pie!

Sign up at the front desk at the Senior Center  
**723-6477**



## Celebrating National Senior Center Month

We took a grand trip to Niagara Falls last month with 40+ adventurous souls. We started 2 new exercise classes, Cardio Drumming was one of them, Balance & Stretching was the other. We personalized welcome mats with Viki from Hang Workshop, we got in touch with our inner child and finger painted, we checked out the great carts Z's Cart rentals brought in, and Hilary decorated our congregate meal site with some really great decorations.

**Manistee County COA**  
**260 St. Mary's Parkway**  
**Manistee MI 49660**

