



SENIOR MOMENTS

News & Notes

Hello Manistee County! Can you believe it is already March? February flew by which is so crazy! Life moves on faster than one can imagine. I hope you were able to enjoy some of the nicest weather I can remember for a February in Michigan.

Have you been trying to get more mobile or a little healthier? We have some great classes to keep you moving. This month we have Tai Chi, Chair Yoga, Sit & Get Fit, Stretching & Balance, Zumba Gold and Cardio Drumming. These are all great ways to keep moving and active. We also started a Line Dancing class this month that is so much fun. Thing I love about Line Dancing, you don't even realize that you are getting fit while having so much fun. To get fit we also have our Healthy Seniors program which helps seniors 60 and older pay for classes at the beautiful Paine Aquatic Center, and so many other exercise programs in our county. If you have any questions, please give the office a call and we can answer any question.

Something that has been going on forever but I see it more often lately are scams and people taking advantage of our seniors. There are so many lunatics trying to take advantage of all

of us it is frustrating. I am not a techie person and you would never believe how many calls I get every day on my cell phone trying to take advantage of me and so many other seniors. If I don't recognize the number or name, I just don't answer it. I put blocks on a lot of the numbers that come in but they just get new numbers. It is so frustrating and who has time to police all of this silliness? I sure don't, so I just don't answer. I find that if it is real they will leave me a message. But, then again, I have been getting 10 calls a day from a group that I keep blocking but they just keep calling. Annoying as you know what!!!! Stay vigilant and if you need suggestions give us a call, we will get you the information you need to stop these people from calling.

Well, we are trying something new that we have never tried before. We have a Senior Single Mix & Mingle, coming up this month. I have been asked to get our single seniors together. This is something a lot of people are looking forward to. We are going to have a little get together with appetizers and some icebreakers so people can meet. My husband sent me a message recently and asked if I knew any young ladies, I said I know a lot of 60 plus ladies. I thought he was

joking, but he was serious. He has a friend who is young that would like to meet a nice girl. It doesn't matter what age you are, it just isn't easy to meet people. I love setting people up, if you want to come and meet people you can go to dinner with or a movie with, come and hang out with all of us.

I am so excited that we are offering a trip to Cape Cod. This was the trip I got to go on 11 years ago when I first started and boy, was it an amazing trip. If you want to have a great time and see some amazing sights, this is the trip for you. If you have any questions give us a call at the senior center.

Last month we went to Spain on our virtual trip. We had some delicious foods prepared by Dannee Hoffman, a local chef. This month we are heading to Hawaii for a wonderful virtual trip with Becca Brown. She will take us to this beautiful destination and we will sample some delicious foods of the islands. I hope you come and enjoy this fun time. Hawaii is one of the destinations on my bucket list. I cannot wait to enjoy such a special place. I hope you have a great March and remember to try something new!

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

manisteecountycoa.com

www.facebook.com/ManisteeCountyCouncilOnAging

BIRTHDAYS

Ron Marsh	1	Ruth Ann Ketz	10	Anne Leskie	20
George McLaughlin	1	Linda Kiefer	10	Dave Spring	20
Jeri Scott	1	Gail Kolk	10	Cheryl Larsen	21
Margaret Flatten	1	James Madsen	10	Susan Sedlock	21
Kathy Grabowski	2	Gertrude Zygaj	10	Dennis Lagerquist	21
Laura Johnson	2	Denis Taatjes	10	Evelyn Boyle	22
Joan Peters	2	Kristie Harless	11	Debra Edenburn	22
Mary Ware	2	Joan Haynes	11	Don Pelarski	22
Gary Bentley	2	Deborah Schmidt	11	Cindy Zatarga	22
Angie Fisk	3	Joyce Reed	11	Kathy Sundbeck	22
Shirley Harden	3	Glenn Sundbeck	11	Dale Kirchenberg	22
Patty Hubbard	3	Randy Decher	12	Fran Cabot	23
Nancy Morgret	3	Carol Dyer	12	Ginny Madsen	23
Joann Muma	3	Elizabeth Hughes	12	Nyla Platz	24
Terry Parks	3	Shirley Olenchak	12	Eloise Milarch	24
Shelly Thayer	3	Diane Sievert	12	Jerel Bathrick	24
Jerry Wilson	3	Janice May Kuenzer	13	Kristen Kimm	24
Laura Henderson	3	Beth Markowski	13	Donald Black	25
Paula Elk	4	Crystal Blaid	14	Carol Gorney	25
Charles Stege	4	Amy Jacobs	14	Jenny Larson	25
Linda Theisen	4	Kathleen Schott	14	Vickie Mydlowski	25
Cindy DeLeeuw	5	Roger Schrock	14	Shery Parsons	25
Barb DeMoore	5	Cynthia Waldecker	14	Guy Hubble	25
Shelley Green	5	Rose Funk	15	Patricia Cybert	26
Ray Mikula	5	Gale Jacobs	15	Doris Newland	26
Judy Wilson	5	Brad Vogel	15	Warren Fairfield, Jr.	27
Diane Klick	5	Lynette Perry	15	Mary Hand	27
Helen Landis	6	Cathy Engel	16	Ardie Hillard	27
Donna Larson	6	Deb Falkenstein	16	Sherry Anderson	28
Joe Pohl	6	Dixie Lindroth	16	Elaine Asiala	28
Connie Stoykovich	6	Charles Thompson	16	Melanie Gill	28
Linda Otto	6	Cathy Helmboldt	17	Marge Hybza	28
Dorothy Bowling	7	Cindy Keson	17	Sally Mason	28
Judith Lindsay	7	Patricia Lopez	17	Diane St. John	28
Russell Paxson	7	Joseph Brisson	18	Lois Danks	29
Gerri Schaub	7	Erika Kaiser	18	Helen Steffes	29
Virginia Owens	7	Leonard Raczkowski	18	Pam Stokes	29
Sheri Baran	8	Janine Stinson	18	Donna Swiatlowski	29
Laura Carriveau	8	Kevin George	18	Wayne Birkmeier	30
Les Edikauskas	8	Patricia Ireland	18	Paul Glaser	30
Kathie Schmidt	8	Shirley Ball	19	Velva Householder	30
Diane Masty	9	Rick Bendall	19	Richard Reed	30
Rogene Newman	9	Adriana Persenaire	19	Jan Reckow	30
Carolyn Theisen	9	Lois VanKainen	19	Larry Kontz	31
Rosie Turk	9	Larry Veine	19	Nancy Miller	31
Jeanne Barber	10	Carol McDougall	19	James Raspotnik	31
Diane Buchanan	10	Sally Akers	20	Geneva Strimback	31
Debra Davis	10	Dave Bruesch	20	Jessie Watson	31
Jeanne Firman	10	Donna Thompson	20		

ACTIVITIES & SERVICES

Services

Senior Food Bank: Third Friday Jan -Nov.
Next Food Bank: Fri., March 15

Free Attorney Consultations: Next attorney consultations: March 8
By appointment only.

Eyeglass Clinic: 2nd Wed., 10:00 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 April 9

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

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.

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

Zumba Gold: Wed., 10:30 a.m.

Cardio Drumming: Wed., 1 p.m.

Identity Theft Awareness

"Consumer scams are so prevalent and sophisticated that it's really a matter of when you become a target, not if you become one," said Nessel. "We need to shift our thinking from identity theft recovery to identity theft prevention to minimize our risk."

WATCH OUT FOR THESE RED FLAGS!!!

- Unfamiliar provider names and charges on your Medicare statement.
 - Notices of Medicare number compromise due to a data breach.
 - Bills from medical providers for services you did not receive.
 - Rejection of legitimate medical claims due to benefits limit reached.
 - Health plan denial due to false conditions in your medical records.
- GUARD YOUR MAIL & PACKAGES FROM PORCH PIRATES!
- Mail should not sit in your mailbox for an extended period.
 - If away from home, suspend your mail delivery.
 - Opt-out of credit offers arriving in your USPS mailbox.
 - Don't leave mail for the carrier; use USPS boxes instead.
 - Use informed delivery: Digital Preview Mail.
 - Shred mail into micro pieces.

Please contact the Manistee County Council on Aging 231-723-6477 or contact Senior Medicare Patrol/Michigan Medicare Assistance Program at 866-MICH SMP (866-642-4767)

Blood Pressure Clinic

Wednesdays 10 a.m.
at the senior center.

Manistee Munson Update Wed., March 27 • 2 p.m.

Munson Manistee's Kelly Tomaszewski will return to answer more questions.

Come find out more about the changes at Munson Manistee.
Call to sign up 723-6477

VETERANS EXCHANGE GROUP

the 2nd Wed. of the month, 1 p.m.

An informal get together for all veterans.

Manistee County VSO Rick Rowe will be helping to sign Veterans up for VA.GOV website.

Next meeting Wed., March 13

GRIEF SUPPORT GROUP

The newly formed grief support group will meet the first Thur. of the month at the senior center. Doug Klee, Spiritual Care Advisor with Munson Healthcare Hospice will be facilitating the group. The next meeting will be **March 7** at 11 a.m. Contact the Senior Center 723-6477 for more information.

DEPRESSION/ISOLATION SUPPORT GROUP

The Depression/Isolation support group will meet the first Thur. of the month at the senior center. The group is a safe, supportive environment for anyone who may be experiencing depression or feeling isolated. Judy Neis, retired RN will be facilitating the group. No meeting in February. The next meeting will be **March 7** at 2 p.m. Contact the Senior Center 723-6477 for more information.

DEMENTIA SUPPORT GROUP

The dementia support group will meet the second Thur. of the month at the senior center. 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 **March 14** 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) at the senior center. This month's support group will meet **Thurs., Mar. 21** 11 a.m. at the Wagoner Community Center. Please call Marianne Blair 586-917-8964 for information.



Low Vision presentation

Thur., March 14, 11 a.m.

Karyn Hill, from the Bureau of Services for Blind Persons will visit the Manistee Senior Center with resources for vision loss, including her agency's services, tips and tricks for vision loss & more.

Wellbeing Services at the Senior Center

Reflexology w/Sandy Mon., March 4, 18

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., March 12

\$20 bring towel & basin
Call for an appointment

723-6477

Chair Massage w/Diane

by donation

at the Senior Center
Mon., March 4, 18

Please call to sign up

723-6477

MSHDA CHILL GRANT Tues., March 5 11 a.m.

Tracy Davis will be at the senior center to explain the new MSHDA CHILL grant that could allow some Manistee homeowners to receive up to \$40,000 in free home repairs. The grant's priority is to address health and safety, and state & local building code requirements. Come find out if your home qualifies.

Call the senior center to sign up.
723-6477

UPCOMING MUSIC

THE PLAYING IT FORWARD BAND

will be at the senior center on
Tues., March 12 at 11 a.m.

RICK MOHR will be here
Tues., March 19, 11 a.m.



Zumba Gold®
classes starting
Wed., March 6
10:30 a.m.

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion & coordination.

This class is free and open to the public.
Call 723-6477 to sign up

INCOME TAX SERVICES

The Manistee County Council on Aging will be working with the NMCAA to help provide tax services to Manistee County seniors 60 years and older. Some income restrictions may apply. Stop by the senior center, pick up your information packet. Taxes will be prepared in the NMCAA offices in Traverse City and returned to the senior center. The deadline to drop off your completed forms is Fri., March 8.

Call 723-6477 for more info.

Pool Party

Mon., March 11 1-3 p.m. • Fri., March 22 1-3 p.m.

Meet at the Paine Aquatic Center pool, bring your swimsuit and towel. There will be snacks in the commons area. Come swim & have fun with us. Call to sign up 723-6477



POPCORN & A MOVIE

TUE., MAR. 19

1 p.m. at the
Vogue Theatre.
Call the senior center
to sign up
723-6477



Every monetary gift given to the Manistee County Council on Aging helps to fund programs to benefit the seniors of Manistee County. Programs including the MCOA Food Pantry; Healthy Seniors; Educational programs and so much more.

Memorial Donations

You can choose to honor a loved one by making a donation in their name. Including the address of the honoree or their family members will allow us to send an acknowledgment of the gift.

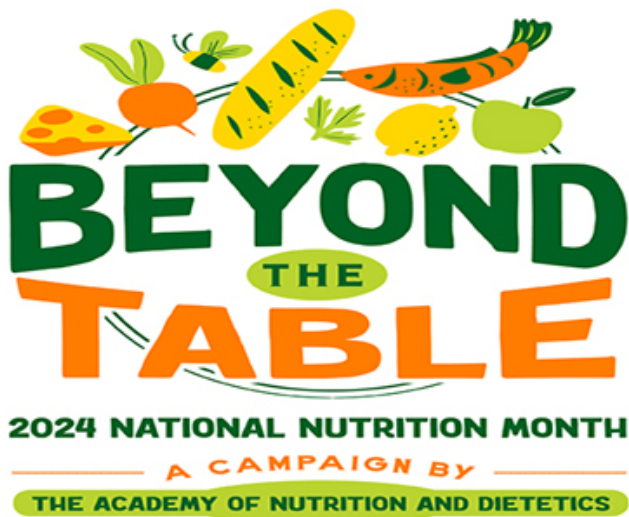
Pre-Planned Giving

As you make future plans for your estate, please consider making a gift to the Manistee County Council on Aging in your plans. If you would like your donation to benefit a specific program, please let us know, and we will try to accommodate your wishes. Your endowment can make a significant difference in the lives of many seniors, and can aid in the continuation of programs to enrich lives for years to come.

**Manistee County
Council on Aging
260 St. Mary's Parkway, Manistee**



John Beckett from
Beltone Hearing
Centers will be at
the Senior Center
TUES., MARCH 5
1 P.M.
to discuss seniors
and hearing loss



National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

The selected theme of National Nutrition Month® 2024 is “Beyond the Table.” It highlights the farm-to-fork aspect of nutrition; addresses the many ways and places we eat; emphasizes sustainability efforts; and showcases the expertise of nutrition and dietetics professionals.

Join MSU Extension at the Senior Center for a presentation on nutrition for older adults. Participants will learn how to read and decode nutrition facts label, discover the importance of eating fruits and vegetables and how much we should be eating each day, and try out easy exercises for everyday use. Participants will walk away with recipes, tips and tricks for eating more fruits and vegetables, and ideas for moving more!

We have also invited some local officials to ride with some of our Home Delivered Meal (HDM) drivers, during the month of March, to raise awareness for the Meals on Wheels program. So if you receive Home Delivered Meals, be on the lookout for a possible guest to be serving your meal!

Show Us Your Easter Bonnet Wed., March 27

Wear your best Easter bonnet to bingo.

You can wear one that's already made or create your own.

Show us how creative you are. Who knows? There may be prizes...



Polish Hillbillies present:

Opening Day

Detroit Tigers vs Oakland Athletics

Fri., April 5 ~ \$110/person

Seats are in section 322 at the stadium. Pickup and drop off is at the Wagoner Community Center parking lot (260 St. Mary's Parkway, Manistee). The bus leaves at 6 a.m. sharp. Seats are limited. Payments due March 4.

**Call the Manistee Senior Center for more info
723-6477**



TUES., MARCH 26 - 10AM-1PM

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, this is a drop in session with Chrissy.

TECH CLASS

with Chrissy Streeter

from the Manistee Public Library

Tues., March 26, 1 p.m.

"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 tales of tech gone wrong and what we can do to stay safe online.



Dip & Design Paint Parties

Wed., March 20 2 p.m.

Just in time for Easter
Come paint this fun little bunny.
Call to sign up
723-6477

CORNERED BEEF & CABBAGE LUNCH

PROVIDED BY MEALS ON WHEELS

FRI., MARCH 15 ~ NOON

Manistee Senior Center

You MUST make a reservation

before noon, March 6 to eat.

Please call 723-6477 to sign up



Cards & Coffee

March 12 ~ 9:30 am

at the Senior Center



Come out and enjoy some craft time and learn to create your own greeting cards. We will make 2 cards, with all materials provided. No experience necessary, instructions will be given.

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



Knit & Crochet group


Tuesdays at 2 pm

Knitting, crocheting, coffee, tea...
with friends of like mind.

City Patrol

On the 4th Thursday of the month the Manistee City Police dept. stops in at 12:30 p.m. to share info with our seniors. Next presentation is March 28. Stop by and see what's new around town.

March 2024 ~ Senior Nutrition Program Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Spanish rice Refried beans Stewed tomatoes Pineapple tidbits Roll
4 Homemade goulash Wax beans Diced carrots Sliced peaches Garlic toast	5 Chicken ala king Carrots & peas Spring blend veg Dried cranberries Biscuit	6 Swedish meatballs Mashed potatoes Steamed asparagus Fruit cocktail Roll	7 Shredded pork bbq on a bun Baked beans Mixed vegetables Cinnamon apple slices	8 Chicken noodle soup Green beans Steamed corn Strawberries Bread
11 Oven roasted pork loin Baby potatoes Capri blend veg Applesauce Roll	12 Orange blossom chicken Rice pilaf Steamed cauliflower Oriental blend veg Pineapple tidbits/Roll	13 Italian sausage on bun Sauteed peppers & onions Fiesta corn Fresh apple	14 Chicken tenders Garden blend vegetables Steamed peas Diced peaches Roll	15 Corned beef & cabbage Carrots Red potatoes Sliced pears Rye bread
18 Baked cod Lima beans Steamed carrots Fruit cocktail Roll	19 Cheeseburger on a bun Green beans Potato coins Fresh pear	20 Glazed chicken drumstick Mashed potatoes Broccoli Strawberries Roll	21 Beef tips & gravy Sweet potatoes Asparagus Diced pears Biscuit	22 Cheese ravioli Spinach Winter blend veg Sliced peaches roll
25 Chicken cordon bleu Midori blend veg Hubbard squash Cinnamon apple slices Roll	26 Beef stew Diced carrots Brussel sprouts Raisins Biscuit	27 Turkey & cheese croissant Potato salad Fresh broccoli Banana	28 Sloppy Joe on a bun Baked beans Cali blend veg Diced peaches	29 Tuna noodle casserole Mixed vegetables Lima beans Applesauce Roll

Community Senior Luncheon Schedule

Hot 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 am	299-0330
Pleasant Valley Comm Center, Arcadia	Tuesday & Friday 12:30 pm	510-2890
Marilla Twp Hall, Marilla	Wednesday at noon	233-8395
Maple Grove Twp 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.

March 2024 ~ Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9 Tai Chi 10 Balance /Stretching 12 Lunch 12 Piano w/Suzanne 1 Euchre 1 Friday Flicks
4 9 Tai Chi 10:15 Gotta Have Art 10 Dominoes 10 Reflexology 12 Lunch 1 Pinochle 1 Mah Jongg 1 Chair Massage 1 Balance /Stretching 2 Board Games	5 10 Sit & Fit 11 MSHDA CHILL grant information 12 Lunch 1 Pinochle 1 Beltone/Hearing presentation 1 Line Dancing 2 Knit/Crochet circle 3:30 Chair Yoga	6 9 Tai Chi 10:30 TOPS 10 BP Clinic 10:30 Zumba Gold® 11 Produce Bingo 12 Lunch 1 Cardio Drumming	7 10 Sit & Fit 10 Cribbage 11 Grief Support Group 12 Lunch 1 Chess 1 Sign Language 2 Isolation/Depression Support Group	8 9 Tai Chi 10 Balance /Stretching 12 Lunch 12 Piano w/Suzanne 1 Euchre 2 Finger painting Attorney by appt
11 9 Tai Chi 10:15 Gotta Have Art 10 Dominoes 12 Lunch 1-3 Pool Party 1 Pinochle 1 Mah Jongg 1 Balance /Stretching 2 Board Games Intn'l Fanny Pack day	12 9:30 Cards & Coffee 10 Sit & Fit 11 Music w/Playing it Forward band 12 Lunch 1 Pinochle 1 Line Dancing 2 Knit/Crochet circle 3:30 Chair Yoga Foot Care Clinic	13 9 Tai Chi 10 BP Clinic 10:30 Zumba Gold® 10:30 TOPS 10 Eyeglass Clinic 11 Fun Bingo 12 Lunch 1 Cardio Drumming 1 Veterans Exchange group	14 10 Sit & Fit 10 Cribbage 11 Low Vision presentation 12 Lunch 1 Chess 1 Sign Language 3 Dementia Support National Pi day	15 9 Tai Chi 9-11 Food Bank 10 Balance /Stretching 12 St Paddy's Day lunch (reserve lunch before noon, March 6) 12 Piano w/Suzanne 1 Euchre
18 9 Tai Chi 10:15 Gotta Have Art 10 Dominoes 10 Reflexology 12 Lunch 1 Pinochle 1 Mah Jongg 1 Chair Massage 1 Balance /Stretching 2 Board Games National Awkward Moment Day	19 10 Sit & Fit 11 Music w/Rick Mohr 12 Lunch 1 Pinochle 1 Line Dancing 1 Popcorn & Movie 2 Knit/Crochet circle 3:30 Chair Yoga National Chocolate Caramel day	20 9 Tai Chi 10 BP Clinic 10:30 Zumba Gold® 10:30 TOPS 11 Fun Bingo 11 Celebrate our March birthdays 12 Lunch 1 Cardio Drumming 2 Dip & Design Paint Party	21 10 Sit & Fit 10 Cribbage 11 Parkinson's Support Group 12 Lunch 1 Chess 1 Nutrition For Seniors 1 Sign Language	22 9 Tai Chi 10 Balance /Stretching 12 Lunch 12 Piano w/Suzanne 1-3 Pool Party 1 Euchre 1 Friday Flicks 4-7 Senior Single Mix & Mingle
25 9 Tai Chi 10:15 Gotta Have Art 10 Dominoes 12 Lunch 1 Pinochle 1 Mah Jongg 1 Balance /Stretching 1 Virtual Trip to Hawaii 2 Board Games	26 10 Sit & Fit 10 Library day 12 Lunch 1 Pinochle 1 Line Dancing 1 Tech class 2 Knit/Crochet circle 3:30 Chair Yoga	27 9 Tai Chi 10 BP Clinic 10:30 Zumba Gold® 10:30 TOPS 11 Fun Bingo 11 Wear your Easter Bonnet 12 Lunch 1 Cardio Drumming 2 Munson Update w/ Kelly Tomaszewski	28 10 Sit & Fit 10 Cribbage 11 PFLAG presentation 12 Lunch 12:30 City Patrol 1 Chess 1 Sign Language Natn'l Something on a Stick day	29 9 Tai Chi 10 Balance /Stretching 12 Lunch 12 Piano w/Suzanne 1 Euchre

SENIOR SINGLE MIX & MINGLE

FRI., MARCH 22 ~ 4-7 P.M.

It's going to be an informal get together with icebreakers and refreshments, especially for our single seniors. Come meet other senior singles. Call today to sign up. 723-6477

ALOHA

VIRTUAL TRIP TO HAWAII

Mon., March 25, 1 p.m.

Becca Brown from the Manistee Public Library will be our guide on our virtual trip to Hawaii. Come see the sights and sample a taste of the islands. Call the senior center to sign up. 723-6477



LINE DANCING with **MISS MiMi** AT THE SENIOR CENTER

COME KICK UP YOUR HEELS! TUESDAYS, 1 P.M.

You Gotta Have Art! Lessons & Laughter

Open to all levels, bring your own supplies (acrylics, oils, water colors. Bring your own canvas in a size you'd like. Mondays at 10:15 a.m.

Work on a project or work on your own, at your own pace. We will learn from an instructor & each other.

FINGER PAINTING

FRI., MARCH 8 ~ 2 P.M.

Come get messy with us!

Call to sign up 723-6477

Join the MSU Extension at the Manistee Senior Center with the Manistee County Council on Aging for a presentation on NUTRITION FOR OLDER ADULTS. Participants will learn how to read and decode a nutrition facts label, discover the importance of eating fruits & vegetables & how much we should be eating each day, and try out easy exercises for everyday use.

Participants will walk away with recipes, tips and tricks for eating more fruits and vegetables, and ideas for moving more!

Thur., March 21
1 p.m.



PRODUCE BINGO!

The 1st Wednesday of the month, 11 a.m.

Come play, the prizes are fresh produce!

Manistee Senior Center



PFLAG

MANISTEE



Come find out what PFLAG is about. What kind services and support they offer.

Thur., March 28 11 a.m.

FRIDAY FLICKS

Friday, March 1 & 22 ~ 1 p.m.

Note the new time!!

Come to the senior center and watch a great movie on the new big screen with the gang!

Be sure to call and sign up 723-6477

MCCOA 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

Howard Gimple,
President

Ashley Gutowski,
Vice President

Marlene McBride,
Financial Secretary

Laurie Becker Anderson,
Recording Secretary

Maureen Barry

Judy Crockett

Marie Linn

Gary Madden

*The Manistee County Council on Aging:
Serving & providing for the seniors
of Manistee County for 52 years.*



The days of February

Friends gathered for a fun Valentine's Day party. The fire dept. taught us how to use a fire extinguisher to put out a fire. And we spent time with the Legacy Art Park helping create the raindrops exhibit for the park.



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

