

# SENIOR MOMENTS

## 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

**Howard Gimple**  
President

**Ashley Gutowski**  
Vice President

**Marlene McBride**  
Financial Secretary

**Laurie Becker  
Anderson**  
Recording Secretary

**Maureen Barry**

**Judy Crockett**

**Marie Linn**

**Gary Madden**

## News & Notes from Sarah

Hello Manistee County! Happy New Year! I am glad 2024 is finally here, 2023 was a tough year for me and I am glad for a fresh start. I hope you are ready for new beginnings and new possibilities for 2024.

We have so much to look forward to this year. We have a lot of new things we are going to try at the senior center this year. From new exercise programs, to some new fun programming and some exciting things for everyone to try. We had some construction going on in the building which made up 3 new offices for some of the staff. We also have some bigger construction going on soon in our kitchen area. This is all very exciting to see the updates happening, when you come in check it out.

This month we have some great programs, we have Dr. McCormick coming in to discuss overactive bladders and what you can do to correct them. We also have Emmersyn Sheaks from City2Shore Real Estate coming in to discuss selling your house and what you should know about selling or buying at this difficult time. Kelly Tomaszewski from Munson will be back to talk more about the changes happening at the hospital, and Mark Fedder will be here with a presentation, "The Left-overs: Artifacts around Manistee that are still visible to us today."

We also have some great music coming to the senior center. I love to hear great mu-

sic in this beautiful building. It always sounds so good with the acoustics.

There is a big trip coming up to Lancaster, Pennsylvania. If this sounds like fun come in and listen to the presentation regarding this great time. I hope you find something fun to do this month at the senior center, make sure to check out the calendar to see all of the great things going on in January.

Well we had a great Jingle Bell Ball in December! We had a little over 250 people come in and there was a lot dancing and celebrating the holidays. There was so much excitement when the Manistee High School football team came in to dance with all of the ladies. Well, was it fun to watch the experienced dancers show them how to polka, line dance, do the hokey pokey and so much more. I think we will be talking about it for a long time. The food was delicious, and the music was great! Thank you to everyone who came in and partied with all of us.



We are in great need of volunteer drivers for the Meals on Wheels Program. Some of our regular drivers are snowbirds and we are looking for a few people to pitch in during the winter. It is so nice; a lot of our volunteers have spouses that ride with them or some people take a friend with them, so it is fun and fulfilling helping our

seniors. If you want to give us a hand, just give Hilary a call and she will let you know what routes are open. I hope you have a wonderful New Year and remember to try something new!

## Get involved with these activities!

### Services

**Senior Food Bank:** Third Friday Jan  
-Nov. Next Food Bank: Fri., Jan. 19.

**Free Attorney Consultations:** 2nd  
Monday. Next attorney consultations: Jan.  
15. 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  
Jan. 9



Brian Bowman	1
Lynn Carter	1
Dave Coffin	1
Judy Lee	1
Gayle Mauntler	1
Cynthia Smogoleski	1
Lynn Williams	1
Julie Brough	1
Dennis Johnson	2
Ken Warren	3
Norma Fraley	4
Carol Harrison	4
Leslie Jacobsen	4
Lynne Mikolajczak	4
Wilma Swiatlowski	4
Kay Sytek	5
Jack Adamczak	6
Linda Browne	6
Richard Hudson	6
Dorothy Rhodea	6
Jeannine Adamczyk	6
Sheryl Zimmerman	6
William (Bill) Gras	7
Roger Baker	8
Rose Sedlar	8
Sue Tumara	8
Nance Condon	8
John Brastrom	9
Brenda Miller	9

**MMAPS Services (Medicare, Medic-  
aid 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



Karen Stroh	9	Dennis Cone	18
Marcia Sullivan	9	Pauline Cornell	18
Sue Silvis	9	Don Jeppesen	18
Judy Hopwood	10	Cathy Thayer	18
Barbara Netter	10	Linda Altemus	18
Steve Rettell	10	Robert Petrie	18
Sue Kahl	11	Charles Erickson	18
Kathleen Ready	11	Tami Reeves	18
Dave Blattenberger	12	Joseph Shupe	19
Cindy Cashmore	12	Jan Heverly	19
John Ehrbar	13	Voni Kibbe	20
Craig Lahti	13	Cathy Milarch	20
Mark Turner	13	Marilyn Anderson	21
Debbie Niesen	14	Carol Conway	21
Glen Beemer	14	Joe Filiaggi	21
Susan Brown	15	Dennis Fink	21
Beverly Johnston	15	Georgia Fredrickson	21
Jack Meyers	15	Roberta Huff	21
Cathy Nelson	15	Carrie Lewis	21
Vera Olen	15	Patricia Luomala	21
Birney Summers	15	Sally Potes	21
Jean Slawinski	16	Marcia McIntyre	22
Janette Talbot	16	Jerry Murray	22
Wayne Wisniski	16	Kevin Romanelli	22
George Kratky	16	Mark Gilmore	23
Janet Bates	17	Carol Ann Myers	23
Gerry Leffew	17	Joseph Callender	24
Kit Redeker	17	Jeanette Gregorski	24
Darryl Sandell	17	Linda Little	24
Janice Spiech	17	Helen Mathieu	24
Gary Woosley	17	Andrew Morris	24
Hugh Lambert	17	Kathy Olsen	24
Elizabeth Bramble	18	Carol Padden	24

**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.

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

Ronald Ronning	24
Judie Sjoveu	24
Brenda Struble	24
Martha Cale	25
Sally Gumieny	25
Barbara Parsons	25
Jo Tidwell	25
Barbara Zupin	25
Bonnie Danks	25
Constance Keating	26
Sue Morris	26
Doris Kolanowski	27
Joan Nicholson	27
Jeanne Oleniczak	28
Mary Jo Vondra	28
Nancy Guenthardt	29
Ed Yonker	29
Kirsten Kavanagh	29
Vickie Clark	30
Don Curtis	30
Louann Erber	30
Artice Miller	30
Joanne Pieczynski	30
Karen Sullivan	30
Kerry Hutson	30
Audrey Carver	31
Carolyn Gaylord	31
Mary Haw	31
Marilyn Holm	31
Barry Kenyon	31
Sandra Krolczyk	31
Nancy Kuczynski	31
Ron Scott	31



Getting Medicare right



Navigating Medicare



Preventing Medicare Fraud

Read your Medicare statements to find potential fraud, errors, or abuse.



An Explanation of Benefits (EOB) is the statement that your Medicare Advantage Plan or Part D prescription drug plan typically sends you after you receive medications, services, or items. An EOB is not a bill.

An EOB is also different from a Medicare Summary Notice (MSN), which you receive if you have Original Medicare. You may receive both statements if you have Original Medicare and a stand-alone Part D plan—an MSN for your Original Medicare and an EOB for your Part D plan.

If potential errors are not corrected by your provider, contact Michigan/Medicare Medicaid Assistance Program at 1-800-803-7174 or the Manistee County Council on Aging, 723-6477. The SMP program empowers and assists Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse.

## IT'S TIME TO REGAIN BLADDER & BOWEL CONTROL



### COMMUNITY HEALTH TALK with Dr. Lynne McCormick

Tuesday, January 9  
11am - 12pm EST



at the Manistee Senior Center, 260 St. Mary's Parkway

JOIN US

## 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 here for Veterans or Surviving Spouse that need to have the paperwork completed for their Property Tax Exemption. **Next meeting Wed., Jan. 10**

### 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 **Jan. 4** 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. The next meeting will be **Jan. 4** at 2 p.m. Contact the Senior Center 723-6477 for more information.

### DEMENCIA 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 **Jan. 11** 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., **Jan. 18**, 11 a.m. at the Wagoner Community Center. Please call Marianne Blair 586-917-8964 for information.

# Wellbeing Services at the Senior Center

## Reflexology w/Sandy

Mon., Jan. 8, 22, 29  
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., Jan. 9

\$20 bring towel & basin

Call for an appointment  
723-6477

## Chair Massage

w/Diane  
by donation

at the Senior Center

Mon., Jan., 8, 22, 29

Please call to sign up  
723-6477

## POPCORN & A MOVIE



**TUE., JAN. 23**

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

## Blood Pressure Clinic

Wednesdays 10 a.m.  
at the senior center.



SIGN LANGUAGE CLASS  
THURSDAYS, 1 P.M.  
MANISTEE SENIOR CENTER  
FREE & OPEN TO THE PUBLIC

Mark Fedder, Executive Director of the  
Manistee County Historical Museum  
will be here

Fri., Jan. 26, 1 p.m.

to bring us a fun  
presentation

“The Leftovers:  
Artifacts around  
Manistee that are  
still visible to  
us today”



The Manistee County Council on Aging would like to thank Meijer for their continued generosity. We were privileged to be part of their Simply Give holiday campaign. We appreciate community partners like Meijer. Thank you also to all the donors who participated in the Simply Give campaign. Your donations will help us build our food pantry so we can continue to serve our senior population.

## Make an Impact on the MCCOA

Do you realize that 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 MCCOA Food Pantry, Healthy Seniors, Educational programs and so much more.

### Memorial Donations

What better way to honor a loved one than 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.

### Legacy 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.

You can rest assured that the Manistee County Council on Aging will continue to be good stewards of your generous gifts. If you have any questions, please feel free to contact us at 231-723-6477

### Donor Information

Name: \_\_\_\_\_  
*(Please note here if you want to remain anonymous)*

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Donation Amount: \_\_\_\_\_

Honoree Name: \_\_\_\_\_

Honoree Address: \_\_\_\_\_

*(if applicable)*

*The Manistee County Council on Aging is an independent 501(c)3 not-for-profit organization. Gifts to MCCOA are tax deductible under appropriate IRS regulations. Consult your tax or legal advisor for details. Donor Privacy Policy: MCCOA does not sell or distribute donor information. Be assured your information is secure and protected.*



## Top Healthy New Year's Resolutions for Older Adults

Making New Year's resolutions to eat better, exercise, watch your weight, see your healthcare provider regularly, or quit smoking once and for all, can help you get healthier and feel better for many more years to come. The American Geriatrics Society's Health in Aging Foundation recommends these top 10 healthy New Year's resolutions for older adults to help achieve your goal of becoming and staying healthy.

### **EAT FRUITS, VEGETABLES, WHOLE GRAINS, FISH, LOW-FAT DAIRY**

**& HEALTHY FATS:** In later life, you still need healthy foods, but fewer calories. The USDA's Choose My Plate program ([choosemyplate.gov](http://choosemyplate.gov)), and your healthcare

provider, can help you make good choices. Eat at least five servings of fruits and vegetables daily. Choose a variety with deep colors: dark green, bright yellow, and orange choices like spinach, collard greens, carrots, oranges, and cantaloupe are especially nutritious. Include nuts, beans, and/or legumes in your daily menu. Choose fiber-rich whole grain bread, brown rice, and whole grain pasta. Pick less fatty meats like chicken or turkey. Have heart-healthy fish, like tuna, salmon, or shrimp, twice a week. Include sources of calcium and Vitamin D to help keep your bones strong. Two daily servings of low-fat milk, yogurt, or cheese are a good way to get these nutrients. Use healthier fats, such as olive and canola oils, instead of butter or lard. Use herbs and spices to add flavor when cooking, which reduces the need to add salt or fat.

**BE ACTIVE:** Physical activity can be safe and healthy for older adults—even if you have heart disease, diabetes, or arthritis! In fact, many of these conditions get better with mild to moderate physical activity. Exercises such as tai chi, water aerobics, walking, and stretching can also help you control your weight, build your muscles and bones, and improve your balance, posture, and mood. Check with your insurance plan to see if you are eligible for the SilverSneakers program, which can provide access to local fitness centers.

**SEE YOUR PROVIDER REGULARLY:** You should schedule an annual Medicare wellness visit with your healthcare provider around your birthday month to discuss health screenings and any changes in your advance directives. At each visit, talk to your provider about all the medications you're taking, and whether or not you still need them. Find out if you should be getting any new or booster immunizations/shots.

**GUARD AGAINST FALLS:** One in every three older adults falls each year — and falls are a leading cause of injuries and death among older adults. Exercises such as walking or working out with an elastic band can increase your strength, balance, and flexibility and help you avoid falls. Also

ask your healthcare provider to check that you're not taking any pills that can make you more likely to fall. Eliminate items in your home that are easy to trip over, like throw rugs. Insert grab bars in your bathtub or shower, and install night lights so it's easier to see at night.

**TOAST WITH A SMALLER GLASS:** Excessive drinking can make you feel depressed, increase your chances of falling, cause trouble sleeping, interact with your medications, and can contribute to other health problems. One drink = 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of hard liquor. The recommended limit for older men is no more than 14 drinks per week and for older women, no more than 7 per week.

**GIVE YOUR BRAIN A WORKOUT:** The more you use your mind, the better it will work. Reading is a good choice. Socializing also gives your brain a boost, so join a bridge club or a discussion group at your local library or senior center. Or take a course at your local community college — some offer free classes for adults 65 and older.

**QUIT SMOKING:** Did you know that cigarette smokers are twice as likely to develop heart disease as non-smokers? It is never too late to quit. You can still reduce your risk of many health problems, breathe easier, have more energy, and sleep better if you quit smoking. You can access the National Cancer Institute's website ([www.smokefree.gov](http://www.smokefree.gov)) for resources. Additionally, ask your healthcare provider for help. Don't lose hope if you failed to quit in the past. On average, smokers try about four times before they quit for good.

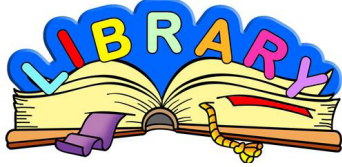
**SPEAK UP WHEN YOU FEEL DOWN OR ANXIOUS:** About 1 in 5 older adults suffers from depression or anxiety. Some possible signs of depression can be lingering sadness, tiredness, loss of appetite or pleasure in doing things you once enjoyed. You may also have difficulty sleeping, worry, irritability, and wanting to be alone. If you have any of these signs for more than two weeks, talk to your healthcare provider and reach out to friends and family.



KELLY TOMASZEWSKI WILL BE BACK THIS MONTH WITH MORE UPDATES ON THE CHANGES AT MUNSON MANISTEE.

WED., JAN 31 • 1 P.M.

CALL TO SIGN UP  
723-6477



TUES., JAN. 30 - 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 1pm. Stop by, this is a drop in session with Chrissy.

### TECH CLASS

with Chrissy Streeter  
from the Manistee Public Library

Tues., Jan. 30, 1 p.m.  
"Smart TVs and Streaming"

Learn how to watch tv shows and movies using different streaming apps. From Netflix to YouTube TV, we'll be discussing different streaming options and devices.

### Cards & Coffee

Tues., Jan 9 ~ 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



MCC  
YOUNGSTERS  
BRING  
CHRISTMAS  
TO THE  
SENIOR  
CENTER



### Stay Informed

Our local law enforcement officers are on hand monthly to keep you informed about what's going on around town.

The first Wednesday of the month the Manistee County Sheriff's dept. is here at 12:30 p.m.

They'll be here on Wed., Jan. 3. (Buzz with the Fuzz)

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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 Jan. 25. Stop by and see what's new around town. (City Patrol)

# January 2024 ~ Senior Nutrition Program Menu

<b>1</b> <b>Happy New Year</b>  Senior center closed, no lunch served or delivered	<b>2</b> BBQ chicken Baked beans Steamed broccoli Fresh orange Roll	<b>3</b> Smoked sausage on a bun Sautéed peppers/onions Cheese potato bake Raisins	<b>4</b> Beef n noodles Green beans Brussel sprouts Blueberries Biscuit	<b>5</b> Chili Steamed corn Wax beans Fruit cocktail Corn bread
<b>8</b> Country fried steak Mashed potatoes Asparagus Pineapple tidbits Roll	<b>9</b> Cheese ravioli Spinach Harvest blend veg Sliced peaches Bread	<b>10</b> Marinated chicken breast Key Largo vegetable Cauliflower Banana Roll	<b>11</b> Wet burrito Midori vegetable blend Fiesta corn Mandarin oranges Roll	<b>12</b> Chicken ala king Peas & carrots Spring blend vegetables Applesauce Biscuit
<b>15</b> Spanish rice Stewed tomatoes Refried beans Diced peaches Bread	<b>16</b> Chicken drumsticks Mashed potatoes Steamed broccoli Fruit cocktail Roll	<b>17</b> Salisbury steak Winter blend veg Steamed carrots Fresh pear Roll	<b>18</b> Toasted cheese Tomato soup Wax beans Dried fruit mix	<b>19</b> Oven roasted pork loin Scalloped potatoes Green beans Sweet cherries Roll
<b>22</b> Shredded pork BBQ on a bun Brussel sprouts Baked beans Fresh apple	<b>23</b> Chicken salad sandwich Coleslaw Beets Craisins	<b>24</b> Swedish meatballs Mashed potatoes Green beans Sliced pears Roll	<b>25</b> Pork chop steak Hubbard squash Spinach Strawberries Roll	<b>26</b> Fish sandwich on bun Lima beans Spring blend veg Applesauce
<b>29</b> Egg & cheese omelet Sausage Sautéed peppers & onions Seasoned potatoes Apple juice/Muffin	<b>30</b> Homemade goulash Wax beans Sliced carrots Diced peaches Roll	<b>31</b> Chicken cordon bleu Hubbard squash Steamed asparagus Mandarin oranges 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.*

# January 2024 ~ Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>Happy New Year</b> Senior Center closed	<b>2</b> 10 Sit & Fit 12 Lunch 1 Pinochle 2 Knit/Crochet circle 3:30 Chair Yoga	<b>3</b> 9 Tai Chi 10:30 TOPS 10 BP Clinic 11 Produce Bingo 12 Lunch 12:30 Buzz with the Fuzz 1 Cardio Drumming Chocolate covered cherry day	<b>4</b> 10 Sit & Fit 10 Cribbage 11 Grief Support Group 12 Lunch 1 Chess 1 Sign Language	<b>5</b> 9 Tai Chi 10 Balance /Stretching 12 Piano w/Suzanne 1 Euchre 2 Friday Flicks
<b>8</b> 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	<b>9</b> 9:30 Cards & Coffee 10 Sit & Fit 11 Overactive Bladder w/Dr. McCormick 12 Lunch 1 Pinochle 2 Knit/Crochet circle 2 Beltone Hearing aid clinic 3:30 Chair Yoga	<b>10</b> 9 Tai Chi 10:30 TOPS 10 BP Clinic 11 Fun Bingo 12 Lunch 1 Cardio Drumming 1 Veterans Exchange group	<b>11</b> 10 Sit & Fit 10 Cribbage 12 Lunch 1 Chess 1 Sign Language 3 Dementia Support	<b>12</b> 9 Tai Chi 10 Balance /Stretching 12 Piano w/Suzanne 1 Euchre 2 Finger Painting
<b>15</b> 9 Tai Chi 10:15 Gotta Have Art 10 Dominoes Attorney by appt. 12 Lunch 1 Pinochle 1 Mah Jongg 1 Balance /Stretching 2 Board Games	<b>16</b> 10 Sit & Fit 12 Lunch 1 Pinochle 2 Knit/Crochet circle 3:30 Chair Yoga	<b>17</b> 9 Tai Chi 10 BP Clinic 10:30 TOPS 10 Eyeglass Clinic 11 Fun Bingo 12 Lunch 1 Cardio Drumming 1:30 City to Shore Real Estate chat	<b>18</b> 10 Sit & Fit 10 Cribbage 11 Trip meeting/ Lancaster PA 11 Parkinson's Support 12 Lunch 1 Chess 1 Sign Language	<b>19</b> 9 Tai Chi 9-11 Food Bank 10 Balance /Stretching 12 Piano w/Suzanne 1 Euchre 2 Friday Flicks National Popcorn day
<b>22</b> 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	<b>23</b> 10 Sit & Fit 11 Music w/John Pomeroy 12 Lunch 12:30 Bridge 1 Pinochle 1 Popcorn & Movie 2 Knit/Crochet circle 3:30 Chair Yoga	<b>24</b> 9 Tai Chi 10 BP Clinic 10:30 TOPS 11 Fun Bingo 11 Celebrate our January birthdays 12 Lunch 1 Cardio Drumming 2 Dip & Design Paint Party	<b>25</b> 10 Sit & Fit 10 Cribbage 12 Lunch 12:30 City Patrol 1 Chess 1 Sign Language	<b>26</b> 9 Tai Chi 10 Balance /Stretching 12 Piano w/Suzanne 1 Euchre 1 Mark Fedder/Museum presentation
<b>29</b> 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	<b>30</b> 10 Sit & Fit 10-1 Library Day 12 Lunch 12:30 Bridge 1 Tech Class 1 Pinochle 2 Knit/Crochet circle 3:30 Chair Yoga	<b>31</b> 9 Tai Chi 10 BP Clinic 10:30 TOPS 11 Fun Bingo 12 Lunch 1 Cardio Drumming 1 Munson Update w/ Kelly T National Hot Chocolate day		



# 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](http://manisteecountycoa.com)

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



**CITY2SHORE**  
REAL ESTATE

THINKING OF  
SELLING YOUR HOME?

Emmersyn Sheaks from City2Shore Real Estate will be at the senior center  
WED., JAN. 17 AT 1:30

“Stop by for treats and learn all the steps you need to learn to sell your home. Any questions you may have on selling your home will be answered.”

## 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. Mon. 10 a.m.

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

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## FRIDAY FLICKS

Friday, Jan. 5 & 19 ~ 2 p.m.

Come in and watch a great movie with the gang!

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

## FINGER PAINTING



FRI., JAN. 12  
2 P.M.

*Come get messy with us!*  
Call to sign up  
723-6477

## SNOW DAY POLICY

It's that time of year again. Please keep in mind that during this winter, if the Manistee Area Public Schools are closed due to the weather, the senior center will also be closed. There will be no activities, no congregate lunches, and no home delivered meals.

## DIP & DESIGN PAINTING PARTY WED., JAN. 24 2:00 P.M.

Sheila will be here to paint with us  
It's just \$15  
Call to sign up

723-6477



## NEWSLETTER RENEWAL

If you would like a copy of Senior Moments mailed to you, please fill out the following form and mail it by January 15, 2024 to the Senior Center, 260 St. Mary's Parkway, along with \$8 to start/renew your subscription.

Remember, all subscriptions renew in January. Please make all checks payable to MCCOA

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Birthday: \_\_\_\_\_



**Jingle Bell Ball**  
We kicked off the holiday season with a fun party early in December. We had a full house! Great music, great food, and so many good friends. Perfect way to get the season started!



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

