



# SENIOR MOMENTS

## News & Notes

Hello Manistee County!

I am so happy to have May finally here and the next season is SUMMER! We have so much planned for the summer already. We are starting our new Kayak Club in June. This will be great fun if you like to be on the water. I love the water, but don't like just sitting or laying in the sun. The water makes all of the difference for me. If you like to kayak and you are interested in going, please call for more information.

I know we are having a little gathering for Cinco de Mayo on Friday, May 3rd. Come in and spend some time with us. We also have a Virtual Trip to the United Kingdom on Monday, May 13th. We have Nick from the Manistee Public Library coming in to take us on a tour. Plus, we have a local

chef preparing a taste of some of their local foods. Come and give this one a try. We have another potluck scheduled for Sunday, May 19th at 1 p.m. Just bring a dish to pass and all seniors 60 and over who live in Manistee County are welcome to enjoy good conversation, delicious food and great fellowship.

We have some great presentations coming up this month and we have all of our great classes and programs too. Check out the calendar to get all of the dates and times of everything.

May is Older Americans Month and it is really an important time to be 60 and older. As older Americans we have so much to offer to our communities. We have the knowledge and the know-how

to make this great country move forward. We are the ones that turn out and vote and we put money back into our local economies. So stand up and be proud of being an older American.

This month we also get to celebrate Mother's Day which is always so nice at the senior center. We are so lucky to have such wonderful women that are a part of our family.

I want to wish my Mom, Denise Dursum, a happy Mother's Day! Mom, you have always been there for me and have always been my biggest cheerleader! Thanks Mom. I'll Love You Forever!

I hope you have a wonderful month, a beautiful Mother's Day and don't forget 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](http://manisteecountycoa.com)

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

## BIRTHDAYS



Don Helder	2	Carol Quade	14
Carol Lucas	3	Trudy Springer	14
Pete Peterson	4	Ruth Zupin	14
Cindy Peterson	4	Mary Gossett	15
Bill Shryer	4	Nick Licina	15
Joyce Castro	5	Lenore Adams	16
Stephen Wall	5	Bill Graham	16
Brenda Hindman	5	Virginia Kinnan	16
Kat Grant	5	Katherine Raphael-Ortega	16
Dena Mandich	6	Lisa Heins	17
Cindy Sitz	6	John Schuster	17
Mary Wahr	6	Bob Zielesch	18
Arlee Sutton	6	Marcia Pyrah	20
Karen Swathwood	6	Jan Jankwietz	21
Sue Durant	7	Rick Mohr	21
Marian Cowie	8	Rick Schimke	21
Noella Plambeck	8	Mike Golosh	22
Janet Golden	8	Doris Hodge	22
Edsel Woodward	9	Mary Ann Tuka	22
Norene Ackerman	10	Sandy Kozurek	22
Del Mikolajczak	10	Ken Schulz	23
Greta Sinko	10	Roger Lemire	24
Sharon Szabo	10	Herb Dyer	28
Gretchen Davies	11	Wanda Mallison	28
Gerry Haw	12	Darlene Richmond	28
Sharon Hutson	12	Patricia Caris	29
Marge Clement	13	Rebecca Coffin	29
Gladys McCarthy	13	Judith Lane	29
Anita Mohr	13	Sue Tolin	29
Dennis Fagan	14	Roger Yoder	30



## ACTIVITIES & SERVICES

### Services

**Senior Food Bank:** Third Friday Jan -Nov.  
Next Food Bank: Fri., May 17

**Free Attorney Consultations:** Next attorney consultations: May 17  
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 July 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.

**Line Dancing:** Tues., 1:00 p.m.

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

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

MAY IS

# OLDER AMERICANS MONTH

## Part D Coverage Phases

The cost of your Medicare Part D-covered drugs may change throughout the year. If you notice that your drug prices have changed, it may be because you are in a different phase of Part D coverage. There are four different phases—or periods—of Part D coverage.



**Deductible Period:** Until you meet your Part D deductible, you are in the deductible period. During this time, you will pay the full negotiated price for your covered prescription drugs. While deductibles can vary from plan to plan, no plan's deductible can be higher than \$545 in 2024, and some plans have no deductible. You begin each new calendar year in the deductible.



**Initial Coverage Period:** After you meet your deductible, your plan will help pay for your covered prescription drugs. This is your initial coverage period. Your plan will pay some of the cost, and you will pay a copayment or coinsurance.



**Coverage Gap:** You enter the coverage gap when your total drug costs—including what you and your plan have paid for your drugs—reaches a certain limit. In 2024, that limit is \$5,030. While in the coverage gap, you are responsible for 25% of the cost of your drugs. The coverage gap is also sometimes called the donut hole.



**Catastrophic Coverage:** In all Part D plans in 2024, you enter catastrophic coverage after you reach \$8,000 in out-of-pocket costs for covered drugs. As of 2024, during this period, you owe no coinsurance or co-payments for the cost of your covered drugs for the remainder of the year. This puts a hard cap on your spending during the catastrophic phase of coverage. Before 2024, you paid 5% of the cost.

If you have any questions about your Part D or Part D Coverage Phase, contact the Manistee County Council on Aging at 231-723-6477 or contact the Michigan Medicare Assistance Program at 1-800-703-7174.



Zumba Gold®  
classes  
Wed mornings  
10:30 a.m.

*The design of the class introduces easy-to-follow Zumba® movements focusing on balance, range of motion & coordination.*

This class is free and open to the public.

Call 723-6477 to sign up

## 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 **May 2** 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 **May 2** 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 **May 9** 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., **May 16** 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., May 6, 13, 20

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., May 7

\$20 bring towel & basin  
Call for an appointment

723-6477

### Chair Massage

w/Diane

by donation

at the Senior Center

Mon., May 6, 13, 20

Please call to sign up

723-6477

Dear Friends and Neighbors,

The Manistee County Council on Aging (MCCOA) is both thankful and proud of over 50 years' service to our community's seniors, promoting quality of life programs and services vital to the independence of those of us in our golden years.

The wide variety of offerings at the Wagoner Community Center range from exercise and wellness to arts and craft classes; from assistance with government programs and home maintenance to the lending library branch, bingo and cards; from dancing and concerts to presentations and lectures. One of the core services so relied upon in our community is focused on nutrition, from the food

bank to meals served at the center and for delivery throughout Manistee County.

As our visitors and others in the community know, the MCCOA's move in recent years to the Wagoner Community Center near the Fifth Avenue Beach presented opportunities to develop even more programs, but only after a successful fund-raising campaign brought the building's physical plant to sustainable condition, something that we continue to address.

At this time - and with thanks to funds provided by grants, donors and partially from voter-approved millage - the board of directors finalized and approved plans to improve the rudimentary kitchen

facilities to commercial standards. The goal of this is not just to expand the availability of nutrition programs to our Manistee County seniors, though that itself is an important goal. A commercial kitchen also supports the MCCOA's mission through revenue from venue rentals, and even with the opportunity to offer cooking, nutrition, and safe food service classes and demonstrations.

The reason for this letter? While the budgeted funds for the renovations and prior gifts of appliances and equipment are sufficient to the work underway, there's more work on the horizon, such as improved heating and cooling in the building, some much-needed decorating updates, upgrading spaces for more relevant uses, and so on.

Raising some funds to defray these costs allows the center to dedicate its ongoing revenues directly to the services and programs so vital to the health and well-being of our seniors. Please reach out to friends and neighbors for help. Contributions from friends of the MCCOA are tax-deductible.

It is an honor and a privilege to support the healthy living of our community's seniors. Your help is both a blessing and a gift.

Most humble and sincere regards,  
The MCCOA Board of Directors and Executive Team.



## POPCORN & A MOVIE

TUE., MAY 21

1 p.m.  
at the

Vogue Theatre.

Call the senior center  
to sign up  
**723-6477**



## SENIOR SINGLE MIX & MINGLE

MAY 24 4-6 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

## VA S.A.V.E

### TRAINING

Fri., May 17 12:30 - 2 p.m.  
Manistee Senior Center

- VA S.A.V.E.** training will help you act with care and compassion if you encounter a veteran who is in crisis or experiencing suicidal thoughts. The acronym S.A.V.E. helps you remember important steps involved in suicide prevention
- S**igns of suicidal thinking should be recognized
  - A**sk the most important question of all "Are you thinking of killing yourself?"
  - V**alidate the veteran's experience
  - E**ncourage treatment & Expedite getting help..

These principles are not only for veterans, but can be applied to anyone in crisis.

Please call or email to RSVP  
**989-980-8893**  
angela.linsenman@va.gov

# WHEN TO THROW IT OUT: LEFTOVERS

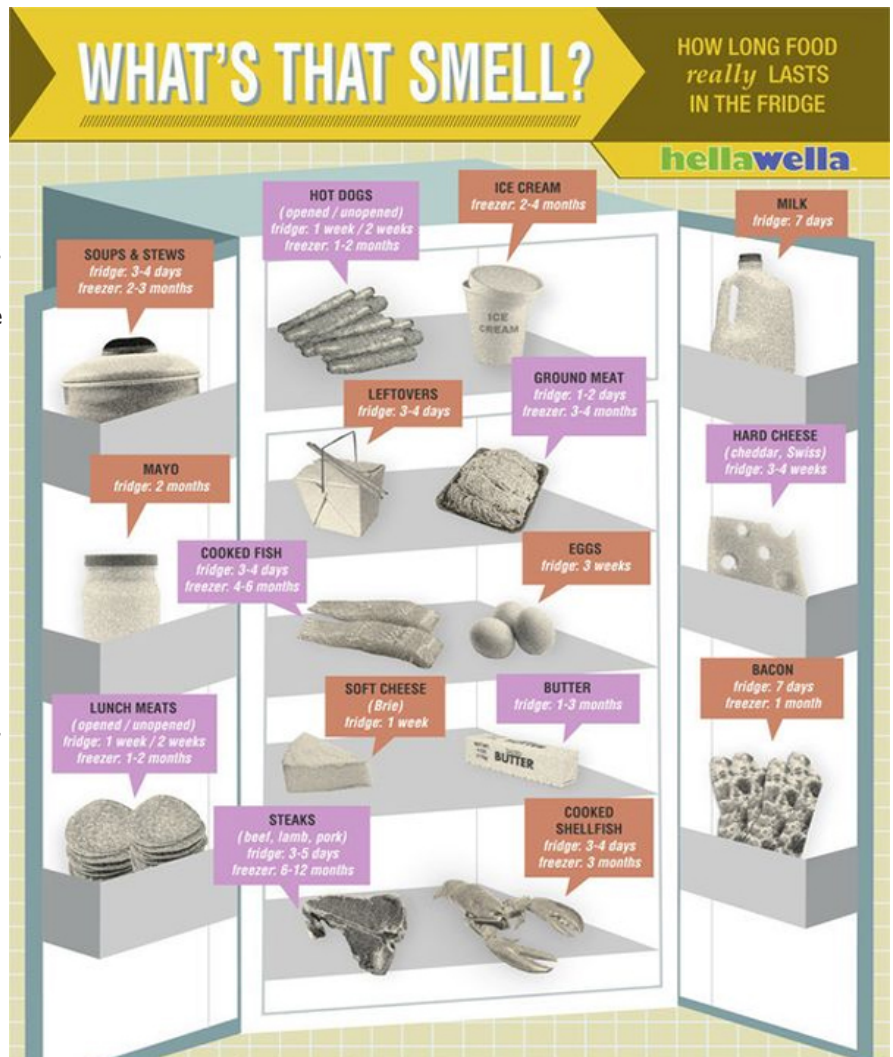
When things in the fridge start to mold, ooze, or smell, you know it's time to throw them out. But how do you avoid getting to that point? How long do leftovers last?

According to the FDA Food Code, all perishable foods that are opened or prepared should be thrown out after 7 days, maximum. No leftovers should survive in your fridge for longer than that. Some foods should be even be thrown away before the 7 day mark. Refer to expiration dates and food safety guidelines to know how to handle specific foods. The chart below from Foodsafety.gov is a useful guide for food in the fridge.

## How to make leftover food last longer

If you want your leftovers to last longer, freeze them. Just be sure to keep track of how long you had it in the fridge before you put it in the freezer. Freezing stops bacterial growth in its tracks like a car at a red light. When you thaw your food, however, the light turns green and bacterial growth continues from where it left off. So, according to the chart below, steak that was in the fridge for 3 days before it was frozen will be good for 1 to 2 days after it is thawed. Remember that frozen foods are safe indefinitely, so the following guidelines for freezer food refer to food quality, not safety.

Check out our chart to see if there's any food in your fridge or freezer that needs to be thrown out.



Category	Food	Refrigerator (40 °F or below)	Freezer (0 °F or below)
Salads	Egg, chicken, ham, tuna, & macaroni salads	3 to 5 days	Does not freeze well
Hot dogs	Opened package	1 week	1 to 2 months
	Unopened package	2 weeks	1 to 2 months
Lunch meat	Opened package or deli sliced	3 to 5 days	1 to 2 months
	Unopened package	2 weeks	1 to 2 months
Bacon & sausage	Raw bacon	7 days	1 month
	Raw sausage made from chicken, turkey, pork, or beef	1 to 2 days	1 to 2 months
Hamburger & other ground meats	Raw hamburger, ground beef, turkey, veal, pork, lamb, & mixtures of them	1 to 2 days	3 to 4 months
	Raw beef, veal, lamb, & pork	Steaks	3 to 5 days
Raw poultry	Chops	3 to 5 days	4 to 6 months
	Roasts	3 to 5 days	4 to 12 months
	Chicken or turkey, whole	1 to 2 days	1 year
Soups & Stews	Chicken or turkey, pieces	1 to 2 days	9 months
	Vegetable or meat added	3 to 4 days	2 to 3 months
Leftovers	Cooked meat or poultry	3 to 4 days	2 to 6 months
	Chicken nuggets or patties	3 to 4 days	1 to 3 months
	Pizza	3 to 4 days	1 to 2 months

COMPLIMENTS OF THE MCCOA SENIOR NUTRITION PROGRAM - 723-6477 (PRESS 1)

## Manistee Munson Update

Wed., May 29 • 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



TUES., MAY 28 - 10AM-12PM

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.



Lori Wells from PACE North will be at the senior center

**MONDAY, MAY 20 AT 1 P.M.** to discuss the services PACE provides for Manistee County seniors. Sign up 723-6477

## Cards & Coffee

May 21 ~ 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

Come Talk Coffee with Port City Brew  
Thur., May 30 ~ 11 am

Also learn about the new flower shop Annie's Florals  
Call to sign up 723-6477



## Senior Potluck

At the Senior Center

**Sunday, May 19**

**1 p.m.**

Bring a dish to pass and join us for fun, food and fellowship

## 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 May 23. Stop by and see what's new around town.



MICHIGAN STATE UNIVERSITY | Extension

## Nutrition Facts Labels for Older Adults

### DATE & TIME:

May 7th, 2024  
11:30 AM—12:30 PM  
Pleasant Valley Community Center (Arcadia)

May 9th, 2024  
11:00 AM—12:00 PM  
Maple Grove Community Center (Kaleva)

June 18th, 2024  
10:30 AM—11:30 AM  
Norman Township Community Center (Wellston)

June 26th, 2024  
11:00 AM—12:00 PM  
Marilla Township Hall (Marilla)

Follow MI Health Matters from Michigan State University Extension on social media!



#SNAPEdWorks Funded by the USDA's Supplemental Nutrition Assistance Program—SNAP. Delivered by MSU Extension.



Photo by USDA's Food and Nutrition Service (FNS), Supplemental Nutrition Assistance Program

### PRESENTATION SUMMARY:

How do you read a nutrition facts label? What are the important sections to focus on?

A good way to know what is in our food is to read the nutrition facts label. This class will teach you:

- How to read a food and decode a food label
- Which nutrients we should limit and which we should increase
- And try out easy exercises for everyday use!


### For more information, contact:

Hilary McKie, 231-723-6477, mccoahm@gmail.com

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# May 2024 ~ Senior Nutrition Program Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken cordon bleu Midori blend veg Hubbard squash Fresh banana Roll	2 Baked cod Lima beans Steamed cauliflower Diced peaches Roll	3 Stuffed green peppers Brussel sprouts Stewed tomatoes Fruit cocktail Roll
6 Orange blossom chicken Rice pilaf Oriental blend veg Sliced carrots Pineapple tidbits/Roll	7 Swedish meatballs Mashed potatoes Asparagus Strawberries Biscuit	8 Cheeseburger on bun Green beans Potato coins Sliced pears	9 Chicken ala King Steamed peas & carrots Spring blend veg Dried cranberries Biscuit	10 Beef tips & gravy Harvest blend veg Steamed spinach Fresh apple Roll
13 Homemade goulash Wax beans Diced carrots Sliced peaches Roll	14 Glazed chicken drumstick Mashed potatoes Broccoli Fresh banana Roll	15 Chicken tenders Garden blend veg Steamed peas Fruit cocktail Roll	16 Sloppy Joe on a bun Baked beans California blend veg Diced pears	17 Italian sausage on a bun Sauteed peppers & onions Cheese potato bake Dried mixed fruit
20 Turkey & cheese croissant Potato salad 3-bean salad Mandarin oranges Croissant	21 Tuna noodle casserole Mixed veg Lima beans Applesauce Roll	22 Pork chop steak Hubbard squash Winter blend veg Diced peaches Roll	23 Marinated chicken breast Steamed corn Brussel sprouts Fresh apple slices Roll	24 Turkey & gravy Mashed potatoes Asparagus Pineapple tidbits Biscuit
27 Memorial Day Senior center closed 	28 Chicken sandwich on hamburger bun Baked beans Spring blend veg Fruit cocktail	29 Wet burrito Midori blend veg Refried beans Banana Roll	30 Cheese omelet Sausage Sauteed peppers & onions Potato rounds Blueberry muffin/OJ	31 Beef & noodles Mixed veg Steamed broccoli Strawberries Bread

## 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.**

# May 2024 ~ Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>MAY IS OLDER AMERICANS MONTH</b></p>		<p><b>1</b></p> <p>9 Tai Chi 10:30 TOPS 10 BP Clinic 10:30 Zumba Gold® 11 Produce Bingo 12 Lunch 1 Cardio Drumming</p>	<p><b>2</b></p> <p>10 Sit &amp; Fit 10 Cribbage 11 Grief Support Group 12 Lunch 1 Chess 1 Cardio Drumming 2 Isolation/ Depression Support Group</p>	<p><b>3</b></p> <p>9 Tai Chi 10 Balance /Stretching 11 Cinco de Mayo fun 12 Lunch 12 Piano w/Suzanne 1 Euchre</p>
<p><b>6</b></p> <p>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</p>	<p><b>7</b></p> <p>10 Sit &amp; Fit 11 Music w/Rick Mohr 12 Lunch 12:30 Bridge 1 Pinochle 1 Line Dancing 2 Knit/Crochet circle 3:30 Chair Yoga Foot Care Clinic</p>	<p><b>8</b></p> <p>9 Tai Chi 10:30 TOPS 10 BP Clinic 10:30 Zumba Gold® 11 Fun Bingo 12 Lunch 1 Cardio Drumming 1 Grow a Row/Garden club</p>	<p><b>9</b></p> <p>10 Sit &amp; Fit 10 Cribbage 10:30 Sign Language 12 Lunch 1 Chess 1 Cardio Drumming 3 Dementia Support</p>	<p><b>10</b></p> <p>9 Tai Chi 10 Balance /Stretching 12 Lunch 12 Piano w/Suzanne 1 Euchre</p>
<p><b>13</b></p> <p>9 Tai Chi 10:15 Gotta Have Art 10 Dominoes 10 Reflexology 12 Lunch 1 Pinochle 1 Chair Massage 1 Mah Jongg 1 Virtual Trip to the UK 1 Balance /Stretching 2 Board Games</p>	<p><b>14</b></p> <p>10 Sit &amp; Fit 11 Music w/Playing it Forward band 12 Lunch 12:30 Bridge 1 Pinochle 1 Line Dancing 2 Knit/Crochet circle 3:30 Chair Yoga</p>	<p><b>15</b></p> <p>9 Tai Chi 10 BP Clinic 10:30 Zumba Gold® 10:30 TOPS 10 Eyeglass Clinic 11 Fun Bingo 12 Lunch 1 Cardio Drumming</p>	<p><b>16</b></p> <p>10 Sit &amp; Fit 10 Cribbage 10:30 Sign Language 11 Parkinson's Sprt Group 12 Lunch 1 Chess 1 Pool party 1 Cardio Drumming</p>	<p><b>17</b></p> <p>9 Tai Chi 9-11 Food Bank 10 Balance /Stretching 12 Lunch 12:30 VA Save program 12 Piano w/Suzanne 1 Euchre Attorney by appt</p>
<p><b>20</b></p> <p>9 Tai Chi 10:15 Gotta Have Art 10 Dominoes 10 Reflexology 12 Lunch 1 Pace North program 1 Pinochle 1 Mah Jongg 1 Chair Massage 1 Balance /Stretching 2 Board Games</p>	<p><b>21</b></p> <p>9:30 Cards &amp; Coffee 10 Sit &amp; Fit 11 Music w/Cheryl Wolfram 12 Lunch 12:30 Bridge 1 Pinochle 1 Line Dancing 1 Popcorn &amp; Movie 2 Knit/Crochet circle 3:30 Chair Yoga</p>	<p><b>22</b></p> <p>9 Tai Chi 10 BP Clinic 10:30 Zumba Gold® 10:30 TOPS 11 Fun Bingo 11 Celebrate our May birthdays 12 Lunch 1 Cardio Drumming 1 Spring Clay Pot painting</p>	<p><b>23</b></p> <p>10 Sit &amp; Fit 10 Cribbage 10:30 Sign Language 12 Lunch 12:30 City Patrol 1 Chess 1 Cardio Drumming</p>	<p><b>19</b></p> <p>1 Potluck</p>
<p><b>27</b></p> <p><b>Memorial Day</b> Senior Center closed</p> 	<p><b>28</b></p> <p>10 Sit &amp; Fit 10 Library day 12 Lunch 12:30 Bridge 1 Pinochle 1 Line Dancing 2 Knit/Crochet circle 3:30 Chair Yoga</p>	<p><b>29</b></p> <p>9 Tai Chi 10 BP Clinic 10:30 Zumba Gold® 10:30 TOPS 11 Fun Bingo 12 Lunch 1 Cardio Drumming 2 Munson Update w/ Kelly Tomaszewski</p>	<p><b>30</b></p> <p>10 Sit &amp; Fit 10 Cribbage 10:30 Sign Language 11 Coffee Talk 12 Lunch 1 Chess 1 Cardio Drumming</p>	<p><b>24</b></p> <p>9 Tai Chi 10 Balance /Stretching 12 Lunch 12 Piano w/Suzanne 1 Euchre 4-6 Senior Single Mix &amp; Mingle</p>
				<p><b>31</b></p> <p>9 Tai Chi 10 Balance /Stretching 12 Lunch 12 Piano w/Suzanne 1 Euchre</p>



## VIRTUAL TRIP TO THE UK



**Mon., May 13, 1 p.m.**

Nick Wallett from the Manistee Public Library will be our guide on our virtual trip to the United Kingdom. Come see the sights and sample a taste of the UK. Call the senior center to sign up.

**723-6477**

The Spirit of the Woods Garden Club presents:

## Grow A Row Manistee

**Wed., May 8, 1 p.m.**

Encouraging local farmers and gardeners to plant an extra row in their gardens to share with local food pantries. Come learn about this new program and about the Spirit of the Woods Garden Club.

Call to sign up: **723-6477**



### LINE DANCING WITH MISS MiMi

AT THE SENIOR CENTER

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

## SPRING CLAY POT CLASS

**WED., MAY 22, 1 P.M.**

WITH VIKI FROM HANG WORKSHOP



**\$15 FOR 2 POTS**  
CALL **723-6477** TO SIGN UP FOR THIS FUN CLASS!

### 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.

## OLDER AMERICANS MONTH



**POWERED BY CONNECTION: MAY 2024**

In May we celebrate Older Americans Month, recognizing the contributions of all of our older Americans. This year's celebration centers on connections. The goal is to help older Americans make vital community connections.

Visit your senior center, see what kind of community connections we can help you can make.

Tues., May 7 11 a.m. **RICK MOHR**

Tues., May 14 at 11 a.m.  
**THE PLAYING IT FORWARD BAND**

Tues., May 21, 11 a.m. **CHERYL WOLFRAM**



### MCCOA Staff



**Sarah Howard,**  
Executive Director



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



**Hilary McKie,**  
Senior Nutrition



**Nanette Cooper,**  
Receptionist



**Lindsay Meyer,**  
RN Med Mgmt

**Molly Cichy,** Bookkeeper

### Board of Directors

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President

**Ashley Gutowski,**  
Vice President

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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.*



New experiences at the senior center! We were gifted a beautiful pool table, we started a new kayak club, and we have a new cardio drumming class and instructor., we had an Old Bag Sale, Sheriff Gutowski stopped by to talk to us this month too!



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

