

# SENIOR MOMENTS

## News & Notes

Happy April Manistee County! I love April. I know I say this every year. But April always reminds me of a fresh start or where everything is washed clean and starts anew. I don't know how to explain it, but it always gives me hope that spring is here, and things will green up and we will have beautiful flowers popping up soon.

This month we have a lot of great programs and activities that are going on at the senior center. I am excited to share that our senior potlucks are starting Sunday, April 14th. Our potlucks are always well attended, and it is such a great time. You just need to bring a dish to pass and be ready for some delicious food, great conversation and fun fellowship.

We are having another Jewelry & Purse Sale this month. If you are doing some spring cleaning and have some gently used jewelry, purses, bags, fanny packs, etc., we would love it if you drop them off at the senior center. This is a fund raiser for the senior center. I remember the first year we did the Old Bag Sale and it was such a huge success. I love that we take something that is old to you

and when someone else gets it they make it new and stylish for them. The sale will be Saturday, April 20th this year. Make sure you come in and check out some really beautiful things.

We have a meeting to go over the Senior Kayaking Club on Thursday, April 11th at 2 p.m. Come in and help us plan some great kayaking trips for the spring and summer. I am really looking forward to this extra special fun. We will have some learning sessions for beginners but also some awesome river trips.

We are going to have an Ice Cream Celebration for our wonderful volunteers. We want everyone to come in on Thursday, April 25 for an Ice Cream Party to say thank you to all of our amazing volunteers. Everyone is welcome to come in and enjoy some delicious ice cream.

We will also have some great presentations in April. We will have a Virtual Trip to New York City. Come in and visit the Big Apple with all of us and try some foods of the area. We have "the Buzz with the Fuzz"

with Sheriff Brian Gutowski, which is always a great time visiting and hearing what is going on in Manistee County. Kevin Lozo with the Disability Network will bring us a presentation about what they offer and how they can help our Manistee County seniors.

I am so glad we have some more music that will be going on in April. We have the Playing it Forward Band in on Tuesday, April 9th and we have Music with John Pomeroy on Tuesday, April 23rd. These are extra special days, come in and enjoy some great music and if you like kick up your heels or just tap your toes.

We are going to do another Senior Single Mix & Mingle this month. We had a great turnout at the one in March. But, we are looking for a few more fellas to join in. We had a fun time and we did a lot of laughing at the last one. So, give this a try; good friends, good food and a lot of fun!

I hope you find something fun to do in April 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](http://manisteecountycoa.com)

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

## BIRTHDAYS

John Brown	1	Peggy Riley	12	Arlene Jankowski	20
Sherry Campbell	1	Mary Weishaar	12	Jerome Thebault	20
Cathy Roman	1	Ellie Brodwick	13	Larry Wendt	20
Don Vander Weele	1	Ann Fortin	13	Bonnie Bushaw	21
Michael Wolbert	1	Kathleen Meister	13	Janice Mrozik	21
Desiree Frechette	1	Rebecca Miller	13	Adele Salisbury	21
Cathy Ramon	1	Milton Vincent	13	Karen Newman	22
Darwin Anderson	1	Rick Warner	13	Thomas Struble	22
Laurie Anderson	1	Janet Rozmarek	13	Nicholas Bailey	22
Wilma Anderson	2	Karen Babcock	14	Jeff Masterman	23
MaryDella Pia	2	Kathy Clements	14	Michael Dewitt	24
Catherine Eubanks	2	Linda Heidorf	14	Linda Dumas	24
Marcia Holbrook	2	Linda Muszynski	14	Winona Ellis	24
Iona McDougall	2	Pearl Bialoblocki	15	Mary Gleason	24
Bob Venne	2	Larry Dozeman	15	Jamie St.Clair	24
Sally Johnson	3	Michael Fortelka	15	Alice Wandrych	24
Susan Mencarelli	3	Jim Makowski	15	Mary Jane Merritt	24
Nancy Therssen	3	Kay Bauer	16	Ken Williams	25
Beverly Wilkens	3	Tom Lind	16	Dorothy Wrzesinski	25
Donna Clark	4	Jane Stoops	16	Char Myers	25
Ginny Allinson	5	Toni Vodvarka	16	Dorothy Cameron	25
Alynn Schoener	5	Lorien Adamski	17	Denise Blakeslee	26
Jan Martin	6	Phillip Kuckhahn	17	Richard Gallas	26
Jane Olen	6	Tina Perlberg	17	Raini Gilmore	26
Mary Wilson	6	Roxanne Rowley	17	Faye Keyes	27
Bill Kasten	7	Barb Turner	17	Michael Robinson	27
Deb Sullivan	7	Robert Wiard	17	Cindy Sedelmaier	27
Janet Behmlander	8	Delano Peters	18	Dennis Rosenow	27
Viola Brastrom	8	Richard Pomeroy	18	Linda Jans	28
Tracie Filipich	8	Kathy Robb	18	Karen Kubanek	28
Warren Hasenbank	8	Rose Mary Sutter	18	Margie Simic	28
Anthony Jach	8	Teresa Zosso	18	Deborah Kaiser	29
Shellee Seymour	8	Mary Ann Brzezniak	19	John Kudalski	29
Eino Asiala	9	Diana Golosh	19	Sharon Schrink	29
Fred Cole	9	Carolyn Griffin	19	Nancy Franckowiak	30
Marcy Edel	9	Ken Kuuttila	19	Linda Hiedorf	30
Marge Johnson	9	George Weir	19	Rodger Shoemaker	30
Cathy Larsen	9	Betty Anderson	20	Carl Sundbeck	30
Sue Stetler	9	Cathy Beeman	20		
Fran Wallace	9	Dianna Dutkavich	20		
Teresa Miller	9				
Linda Kilgore	10				
Floyd Korp	10				
Cleta LeGrand	10				
Jill Schluter	11				
Dewey Somsel	11				
James David	12				
Carolyn Mikula	12				
Ray Nelson	12				



## ACTIVITIES & SERVICES

### Services

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

**Free Attorney Consultations:** Next attorney consultations: April 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.

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

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

**Cardio Drumming:** Wed., 1 p.m. and Thur., 1 p.m. **New day added!**

## Medications: Dementia Safety

If you are living with dementia or caring for a person living with dementia below are some of the common dementia medication risks and tips to help.

### Early Stages - Risks

- Forgetting to take or taking too much medication. Forgetting to refill prescriptions.
- Mixing up medications like taking morning medications at night.
- Organization mistakes like putting too many of one pill into one pillbox slot.

### What Caregivers Can Do

People in early stages typically need ways to help organize medications. The amount of help needed will depend on the person.

- Watch for signs. For example, are the number of pills in the bottle not going down? Is their behavior out of the ordinary?
  - Talk to their doctor or pharmacist. They can review the medications with you and how they're supposed to be taken. Learn what each medication is for and what could happen if mistakes are made.
  - Create a routine. It will help them remember to take medications on time and in the right way, like with food. Write it down and keep it in a place where they'll see it.
  - Monitor from a distance. If they organize their own pills, watch carefully to see how they're organizing their medications. You can also organize nonmedical home health services for ongoing support.
- Use reminders. Call to remind them or leave post-it note reminders.

### Tips

- Keep a steady supply. Enroll in a pill refill service or have medications dropped off.
- Do it together. Meet once per week to help organize pills. Or, line up something in your routine with their medication time.
- Make it simpler. Some examples include:
  - Automated pill dispensers or pill boxes with alarms or locks for dosing.
  - Get blister packs from the pharmacy.
  - Set alarms with labels like "give mom morning pills."

### Safety Tip

Medications should be regularly reviewed by a doctor or pharmacist to check for safety risks like duplicate medications, drug interactions, or side effects like dizziness.



## 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 discussing updates to veterans' healthcare.

**Next meeting Wed., April 10**



Disability Network Michigan (DNM), as a network, serves as advocates for inclusion and accessibility throughout Michigan. For them, advocacy is about removing barriers; whether those barriers stand in the way of progress, physically deny access or in the way of thinking about persons with disabilities.

Kevin Lozo from the Disability Network of MI will visit the senior center for an interesting presentation. He'll share info about the many services they offer.

**Thur., April 4 at 1 p.m.**

## 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 **April 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. No meeting in February. The next meeting will be **April 4** 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 **April 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., **April 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., April 8, 22

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., April 9 & 16

\$20 bring towel & basin  
Call for an appointment

723-6477

## Chair Massage w/Diane

by donation

at the Senior Center

**Mon., April 8, 22**

Please call to sign up

723-6477

## SENIOR SINGLE MIX & MINGLE

THUR., APRIL 18  
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



## POPCORN & A MOVIE

TUE., APRIL 23

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

## THE PLAYING IT FORWARD BAND

Tues., April 9 at 11 a.m.

## JOHN POMEROY

Tues., April 23, 11 a.m.



Zumba Gold®  
classes

Wednesday mornings  
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

## Pool Party

Thur., April 18 1-3 p.m. • Mon., April 29 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

## 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: \_\_\_\_\_

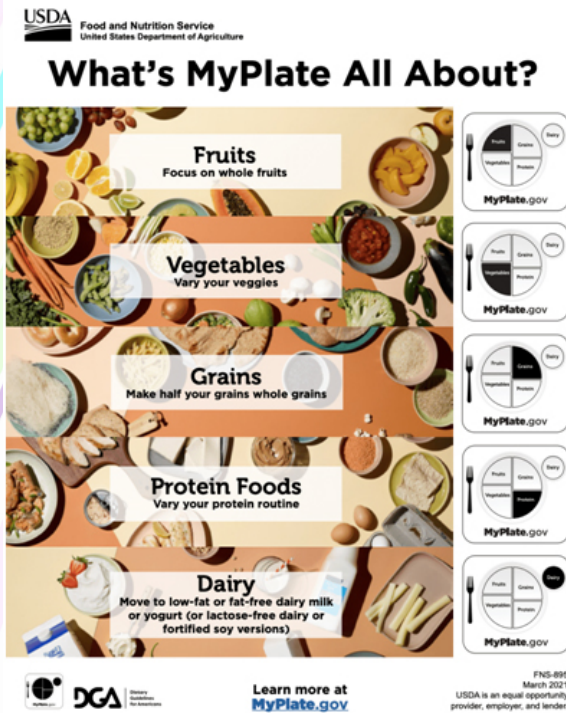
Honoree Address: \_\_\_\_\_

*(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.*

# Tips For Older Adults' Nutritional Needs

Simple changes can go a long way toward building healthy eating habits. The following tips can help you meet your nutritional needs and lower the risk of chronic conditions or illnesses.



but there's a difference between "healthy" and "bad" carbs. Healthy carbs include foods like fruits, vegetables, and beans. These have more nutrition than complex carbs like white flour, refined sugar, or white rice.

Not only do complex carbs have fewer nutrients (if any), but they also cause spikes in blood sugar. For example, have you ever eaten a bowl of cereal for breakfast and then felt groggy and snack-ish after a few hours? It's because of the drop in blood sugar from eating complex carbs.

## Sugar

Many studies show a definitive link between excessive sugar intake and tooth decay, weight gain, diabetes, insulin resistance, cardiovascular disease, and other serious long-term conditions. But unfortunately, sugar is unavoidable in the US, even in foods you may not suspect. Bread, canned soups, pasta sauce, frozen dinners, ketchup, cereal, and nearly everything else contain high sugar.

While it's okay to have some sugar, be aware of how much is in the things you eat. Sugar should account for less than 10% of your daily calorie intake, so check nutrition labels, even for organic products or items typically considered "health foods."

**Review The USDA's Updated Food Pyramid**  
In 2011, former First Lady Michelle Obama and USDA Secretary Tom Vilsack released MyPlate, an updated version of the traditional food pyramid. This simple graphic, pictured, provides more accurate portion sizes for the five primary food groups based on the USDA's 2010 Dietary Guidelines.

## Limit These Foods

As you think about the best foods for your health, consider limiting the following:

### Sodium

Sodium is okay in moderation, but it's important to watch your intake as it leads to water retention and high blood pressure. The USDA recommends that older adults consume no more than 2,300 milligrams of sodium per day.

### Complex Carbohydrates

Carbohydrates are essential for a well-balanced diet,

## Focus On Variety

Colorful, vibrant foods are often the best source of nutrients, so try to make meals as colorful as possible.

Eating diverse foods ensures you get all the necessary vitamins and minerals. A balanced meal should have:

- Lean protein (lean meats, seafood, eggs, beans)
- Fruits and vegetables (think orange, red, green, and purple)
- Whole grains (brown rice, whole-wheat pasta)
- Low-fat dairy (milk and its alternatives)

## Manistee Munson Update

Wed., April 17 • 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., APRIL 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 1 p.m. Stop by, this is a drop in session with Chrissy.

### TECH CLASS

with Chrissy Streeter from the Manistee Public Library  
**Tues., April 30, 1 p.m.**  
"Troubleshooting Your Phone"

How to change settings, check for updates and more. Bring your questions to this session.

## Cards & Coffee

April 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



Do you know how to use your Meijer's **mperks**?

**Thurs., April 18 at 1 p.m.**

representatives from Meijer will be here to show you how easy it is to use them, and save money! Don't miss this!

Call today to sign up. 723-6477

Join Sheriff Brian Gutowski, as he brings us



**Fri., April 12 11 a.m.**

Come see what's going on in the county. Sheriff Brian always has an interesting program.

Call to sign up 723-6477



### JEWELRY & PURSE SALE

**SAT. APRIL 20**

9 A.M. - 2 P.M.

WAGONER COMMUNITY CENTER

260 ST. MARY'S PARKWAY

*NOW ACCEPTING DONATIONS OF GENTLY USED PURSES & JEWELRY*

*PROCEEDS TO THE WAGONER COMMUNITY CENTER BUILDING FUND.*



## Senior Potluck

At the Senior Center

**Sunday, April 14**

**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 April 25. Stop by and see what's new around town.

## April 2024 ~ Senior Nutrition Program Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Salisbury steak Mashed potatoes Steamed broccoli Fruit cocktail	2 Lasagna Steamed spinach Diced carrots Sliced peaches Roll	3 Egg & cheese omelet Sausage Sautéed peppers & onions Potato coins Raisins/BBerry muffin	4 Cabbage rolls Stewed tomatoes Wax beans Diced pears Bread	5 Fish nuggets Spring blend veg Lima beans Applesauce Roll
8 Wet burrito Midori blend vegs Refried beans Pineapple tidbits Roll	9 Chicken sandwich on a bun Baked beans Cali blend veg Banana	10 Homemade meatloaf Mashed potatoes Asparagus Diced peaches Roll	11 Toasted cheese sandwich Tomato soup Winter blend veg Craisins Bread	12 Smoked sausage on a bun Cheese potato bake Steamed broccoli Sliced pears
15 Baked pork chop Cauliflower Steamed corn Cinnamon apple slices Roll	16 Oven roasted turkey Sweet potatoes Brussel sprouts Cranberry sauce Roll	17 Sweet & sour meatballs Oriental blend veg Diced carrots Mandarin oranges Roll	18 Ham & cheese sandwich Coleslaw Three bean salad Grapes Bread	19 Pepperoni pizza Steamed peas Capri blend veg Dried fruit mix
22 Chicken n Noodles Sliced carrots Spring blend veg Fruit cocktail Biscuit	23 Marinated pork loin Harvest blend veg Brussel sprouts Fresh apple slices Roll	24 Baked BBQ chicken Wax beans Hubbard squash Diced pears Roll	25 Cheese ravioli Steamed spinach Mixed vegs Sliced pears Roll	26 Country fried steak Garlic mashed potatoes Steamed asparagus Pineapple tidbits Bread
29 Shredded pork BBQ on a bun Baked beans Cali blend veg Applesauce	30 Chicken alfredo Steamed broccoli Diced carrots Pineapple tidbits Biscuit			

### 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.**

# April 2024 ~ Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 9 Tai Chi 10:15 Gotta Have Art 10 Dominoes 12 Lunch 1 Pinochle 1 Mah Jongg 1 Balance /Stretching 2 Board Games	<b>2</b> 10 Sit & Fit 12 Lunch 1 Pinochle 1 Line Dancing 2 Knit/Crochet circle 3:30 Chair Yoga	<b>3</b> 9 Tai Chi 10:30 TOPS 10 BP Clinic 10:30 Zumba Gold® 11 Produce Bingo 12 Lunch 1 Cardio Drumming Natn'l Walking Day 2 Come walk with us!!	<b>4</b> 10 Sit & Fit 10 Cribbage 11 Grief Support Group 12 Lunch 1 Disability Network presentation 1 Chess 1 Sign Language 1 Cardio Drumming 2 Isolation/ Depression Support Group	<b>5</b> 9 Tai Chi 10 Balance /Stretching 12 Lunch 12 Piano w/Suzanne 1 Euchre <hr/> <b>6</b> Craft Supply Sale
<b>8</b> 9 Tai Chi 10:15 Gotta Have Art 10 Dominoes 10 Reflexology 12 Lunch 1 Virtual Trip to New York City 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 Music w/Playing it Forward band 12 Lunch 1 Pinochle 1 Line Dancing 2 Knit/Crochet circle 2 Beltone hearing 3:30 Chair Yoga Foot Care Clinic 6 Morel Hunter (Library)	<b>10</b> 9 Tai Chi 10:30 TOPS 10 BP Clinic 10:30 Zumba Gold® 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 1 Cardio Drumming 2 Senior Kayak group meeting 3 Dementia Support	<b>12</b> 9 Tai Chi 10 Balance /Stretching 11 Buzz w/the Fuzz 12 Lunch 12 Piano w/Suzanne 1 Euchre 1 Friday Flicks Natn'l Licorice Day <hr/> <b>14</b> 1 Senior Potluck
<b>15</b> 9 Tai Chi 10:15 Gotta Have Art 10 Dominoes 12 Lunch 1 Pinochle 1 Mah Jongg 1 Balance /Stretching 2 Board Games	<b>16</b> 10 Sit & Fit 12 Lunch 1 Pinochle 1 Line Dancing 2 Knit/Crochet circle 3:30 Chair Yoga Foot Care Clinic	<b>17</b> 9 Tai Chi 10 BP Clinic 10:30 Zumba Gold® 10:30 TOPS 10 Eyeglass Clinic 11 Fun Bingo 12 Lunch 1 Cardio Drumming 2 Munson update w/Kelly Tomaszewski Cheeseball Day	<b>18</b> 10 Sit & Fit 10 Cribbage 11 Parkinson's Sprt Group 12 Lunch 1 MPerks How-to 1 Chess 1 Pool party 1 Sign Language 1 Cardio Drumming 4-6 Senior Single Mix & Mingle	<b>19</b> 9 Tai Chi 9-11 Food Bank 10 Balance /Stretching 12 Lunch 12 Piano w/Suzanne 1 Euchre <hr/> <b>20</b> 9 Jewelry & Purse Sale
<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 1 Pinochle 1 Line Dancing 1 Popcorn & Movie 2 Knit/Crochet circle 3:30 Chair Yoga	<b>24</b> 9 Tai Chi 10 BP Clinic 10:30 Zumba Gold® 10:30 TOPS 11 Fun Bingo 11 Celebrate our April birthdays 12 Lunch 1 Cardio Drumming	<b>25</b> 10 Sit & Fit 10 Cribbage 12 Lunch 12:30 City Patrol 1 Celebrate our Volunteers: Ice Cream day 1 Chess 1 Sign Language 1 Cardio Drumming	<b>26</b> 9 Tai Chi 10 Balance /Stretching 12 Lunch 12 Piano w/Suzanne 1 Explaining & Understanding Lady Bird 1 Euchre Pretzel Day
<b>APRIL 21 - 27 VOLUNTEER APPRECIATION WEEK</b>				
<b>29</b> 9 Tai Chi 10:15 Gotta Have Art 10 Dominoes 12 Lunch 1 Pinochle 1 Mah Jongg 1 Balance /Stretching 1 Pool party 2 Board Games	<b>30</b> 10 Sit & Fit 10 Library day 12 Lunch 1 Pinochle 1 Line Dancing 1 Tech class 2 Knit/Crochet circle 3:30 Chair Yoga			
<div style="background-color: #fce4ec; padding: 20px; border-radius: 10px; width: fit-content; margin: 0 auto;"> <p><b>CARDIO DRUMMING CLASSES:</b></p> <ul style="list-style-type: none"> <li>•Wed classes are virtual</li> <li>•Thurs classes are with an in person instructor</li> </ul> </div>				



## VIRTUAL TRIP TO NYC



**Mon., April 8, 1 p.m.**

Chrissy Streefer from the Manistee Public Library will be our guide on our virtual trip to New York City. Come see the sights and sample a taste of the Big Apple. 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.

## SENIOR KAYAK GROUP

Organizational meeting

**THUR., APRIL 11 2 P.M.**

Come help us plan our upcoming kayak trips.



Call to sign up  
723-6477

## 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.

AS MUCH AS WE LOVE ICE CREAM  
WE LOVE OUR VOLUNTEERS EVEN MORE!

**VOLUNTEER  
APPRECIATION  
ICE CREAM  
EVENT**



**THUR  
APRIL 25  
1 PM**

Help us  
celebrate  
our great  
volunteers!

## EXPLAINING & UNDERSTANDING

### LADY BIRD DEEDS

Attorney Michael Herring will explain what a Lady Bird deed is, and how they work.

**Fri., April 26, 1 p.m.**

Manistee Senior Center

Sign up 723-6477

## FRIDAY FLICKS

Friday, April 12 ~ 1 p.m.

**Note the new time!!**

Come to the senior center and watch a great movie on the 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.*



Lots of fun things going on at the senior center! We took a virtual trip to Italy, We started line dancing. We painted, learned about our technology with Chrissy, and we said goodbye to an old friend.  
More fun to come in April!



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

