

Senior Moments

MANISTEE COUNTY COUNCIL ON AGING

Meet the Staff



Sarah Howard
Executive Director

Jeanne Barber
Executive Assistant



Nancy Fortin
Asst./Facility Maint.

Hilary McKie
Senior Nutrition



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Receptionist

Lindsay Meyer
RN Med Mgmt



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Bookkeeper

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News & Notes from Sarah

Hello everyone! I hope you had a great August and are looking forward to a beautiful September. I can't get over how fast the seasons are moving and how each day seems like a blink of an eye. Life is ever changing but always interesting.

This month the kids are back to school and days always seem a little calmer. I love to hear the kids talking about their new teachers and their new friends. It is funny how much I remember about some of my classes and nothing about other classes. Maybe it is selective memory when it comes to the good old days.

September is National Senior Center Month, and we have a lot of stuff planned. I am excited about the new exercise classes that will be starting. We have Trisha Meier coming in to teach Cardio Drumming which is, at its core, high-intensity drumming, that incorporates sufficient movement to be a whole-body workout while remaining fun enough for anyone to do with no training and only the most basic equipment. Cardio drumming is a low-impact workout that people of all ages and fitness levels can do. It can also be modified for people with injuries or other limitations. Cardio drumming helps improve your motor skills and hand-eye coordination, and it can even help lessen the symptoms of some health conditions. It's a great alternative to going to the gym, and it's also fun for people who love music. Trisha is also teaching Gentle Movement & Balance which is a low impact class focused on building sustainable strength and stability by incorporating real-world driven movements with the fundamentals of standing Pilates and muscle memory. It gently activates and awakens small muscle groups that support the larger body by using micro-movements, along with natural resistance and flexion. I think

these will be excellent additions to our other classes. I hope you will give them a try and see what you think.

We also have another 'Wheelin' & Dealing' with Johnny O. This is a great way to have fun, win some great prizes or get some silly ZONKs. Think of Let's Make a Deal and then you will understand how to play.

We have some great presentations in September. Including Safe Medication Practices with Family Fare Pharmacy, Dr. Margaret Batzer will be in for Acupuncture Facts and we will have Dottie Batchelder from LRBOI, Be Da Bin Behavioral Health talking about Suicide Awareness and Prevention.

We have some interesting creative projects during the month, like, a Welcome Mat project with Viki, You Gotta Have Art with Judy and an Adult Finger-Painting class that will be fun. We have a Salute to First Responders with an Ice Cream Social at the end of the month, and the staff and I are going to play an Exhibition Game of Chair Volleyball against some great opponents this month. I sure hope there is something that will get you into the Manistee County Council on Aging this month.

If there is anything that you would like to see at the senior center, please let us know. We are here to serve the seniors of Manistee County. Your ideas are always welcome.



I hope you have a great September and you remember to try something new!

Get involved with these activities!

Services

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

Free Attorney Consultations: 2nd Monday. Next attorney consultations: **Sept. 11.** By appointment only.

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

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

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

Exercise Opportunities

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

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

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

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

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

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

NEW CLASSES

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

Cardio Drumming: Wed. 1 p.m.



Colleen Berns 1	Laura Shoemaker 9	Eileen Pelarski 17	Gerald Sullivan 23
Gregory Bower 1	Cathy Olson 9	Shirley Perschbacher 17	Reva Hoxie 24
Leslie Day 1	Greg Gamache 10	Mary Lynn Wrzesinski 17	Ray Asiala 25
Norma Fenstermacher 1	Jim Grabowski 10	Suzann Jacobs 18	Shirley Blakeslee 25
Sue Koller 1	Sally Harris 10	Joyce Kelly 18	Thomas Ryan 25
Debbie Pieczynski 1	Lee Hite 10	David Lindeman 19	Ruth Skiera 25
Elaine Pieczynski 1	Dennis Pieczynski 10	Gary Pomeroy 19	Barbara Bauman 26
George Chvala 2	Patricia Rubright 10	Dianne Taylor 19	Lori Hall 26
Vicki Eden 2	Marilyn Schweitzer 10	Carol Anciso 20	Debbie Hansen 26
Nita Finch 2	Kathy Lovelace-Maciag 10	Mary Greiner 20	Jeron Hanson 26
David Greshem 2	Sandy Arnold 11	Rosemary Kalasz 20	Jim Johnson 26
Karin Schwartz 2	Kathleen Johnson 11	Patty Leino Jones 20	Mary Lewis 26
Linda Asiala 3	Tarry Bouma 12	Bonnie Miner 20	Geraldine Gage 27
Gary Carr 3	Christine Goodrich 12	Terry Mullen 20	Jeannie Knudsen 27
Ruth Hudeck 3	Allan Kaminski 12	Ron Krzyzanowski 20	Dave Miehke 27
Remedios Robinson 3	Judy Tabaczka 12	Lisa Allen 21	Lee Pefley 27
Gary Woodcock 3	Barbara Thompson 12	Roseann Dontz 21	William Alfs 28
Suzanne Cole 5	Barbara Willis 12	Judy Jones 21	Marian Smith 28
Jeanette Grove 5	Jan Bailey 13	Pearl Schudlich 21	Judy Stull 28
Olga Zakharova 5	Joy Carlson 13	Harriett Sielski 21	Mary Rowland 28
Russell Ehler 6	Louis Snay 13	Kathe Cabot 22	Robynn Duffy 29
Shirley Garten 7	Pamela Edens 14	Cheryl Knapp 22	Susan Fisher 29
Christine Kolanowski 7	Sujean Koon 14	Edwin Niemiec 22	MaryAnn Kubanek 29
Linda Lesiak 7	Nancy Anderson 16	Ronald Johnson 23	Sandra Robinson 29
Bobbi Bosley 8	Donna Gamache 16	Cyndi Kadzban 23	Brad Blakeslee 30
Marian Johnson 8	Mary Ann Manke 16	John Kruse 23	Cheryl Hendges 30
Marilyn Barker 9	Barbara Sidlaw 16	Velma Moore 23	Mary Lou Mathewson 30
Judy Bytwerk 9	Lali Acuna 17	Sue Morris 23	
Lois Doering 9	Debra Kott 17	Margaret Schweitzer 23	
Julie Gillespie 9			

Dementia Support Group

The dementia support group will meet the second Thur. of the month. The group is a supportive, friendly gathering for caregivers, family members or anyone interested in learning more about and supporting our senior dementia community. The next meeting will be **Sept. 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). This month's support group will meet Thurs., **Sept. 21**, 11 a.m. at an alternative location, the group normally meets at the Wagoner Community Center. Please call Marianne Blair 586-917-8964 for information.

Acupuncture

with **Dr. Margaret Batzer**
from **Healing Perspectives**
Acupuncture
Fri., Sept. 29 11 a.m.



Come see what it's all about
Call to register
723-6477

NEW EXERCISE CLASSES!

**Cardio
Drumming**



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

**Balance &
Stretching:**

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



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

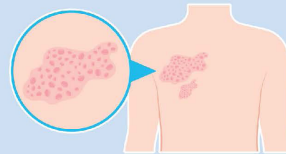
**FLU SHOT
CLINIC**



Mon., Sept 11
at the Wagoner Community
Center/Senior Center
Call to make an appointment
723-6477

Shingles

Shingles is a disease caused by the reactivation of the chickenpox virus.



Common Symptoms

- rash
- pain

The pain often lasts for weeks or months after the rash has healed. Known as "post-herpetic neuralgia" (PHN), some people experience pain caused by shingles for years after their episode.

DISEASE



How It Spreads

After a chickenpox infection, the virus lives silently in nerve cells. It can then reactivate when a person's immune system is weakened by **age, illness, or stress** causing shingles. It can also spread to a person who is susceptible to chickenpox if they have direct contact with a rash that has not crusted over.



Shingles **does not** cause others to get shingles, but it **can cause chickenpox** in some situations.

VACCINE



Reasons to Get the Vaccine:

- Anyone who has had chickenpox can get shingles.
- Shingles can cause long-term, debilitating pain.
- People can have shingles more than once.
- Contact with a shingles rash can cause chickenpox in someone who's never had chickenpox or the vaccine.
- The vaccine is safe and effective.

Who Should Get It?

People who are **50 years of age** and older should receive two doses of the shingles vaccine, even if they previously received the older version (called Zostavax).

Call 888-217-3904 to schedule your Shingrix vaccine.



Wellbeing Services at the Senior Center

Reflexology w/Sandy
Sept. 11, 18, 25
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., Sept. 12
\$20 bring towel
& basin

Call for an appointment
723-6477

Chair Massages
w/**Diane**
by donation

at the Senior Center
Mon., Sept., 11, 18, 25
Please call to sign up
723-6477

First Responder Appreciation Ice Cream Social Wed., Sept. 27 1 p.m.

Come honor our first responders and celebrate National Senior Center month with us. 73-6477 to sign up

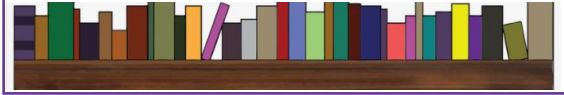


260 St
Mary's
Parkway,
Manistee

"Check it Out!"

Come in and get an update on what is going on at the Manistee County Public Library and the branches. There are a lot of new and fun things they are doing for our communities.

**Thur. Sept 15 - 2p.m.
at the Senior Center**

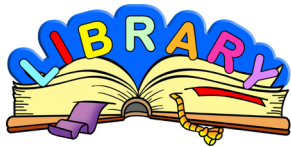


Bored?



Grab your friends and come in for **Board Game Mondays**, 2-4 p.m. every Monday at the senior center. We have games, or bring your favorites!

We'll have the coffee on!



**TUESDAY, Sept. 26
10 a.m. to 1 p.m.**

Join Chrissy Streeter at the Wagoner Community Center

Chrissy will be offering support in the morning, in the library area, and will hold her tech class at 1 p.m.

Stop by, it will be a drop in session with Chrissy.

Suicide Awareness and Prevention

**Fri., Sept. 15
12:30 p.m.**



at the senior center, 260 St. Mary's Pkwy., Manistee
Call to sign up
723-6477

Popcorn & a Movie Tues., Sept. 19 1 p.m. at the Vogue

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

Thur., Sept. 7 1 p.m.

Come in and check out the **Golf Cart Connection with Amy from Z's golf cart rentals in Manistee.**

This will be a fun presentation about a new fun activity in the 'stee



Technology Class



**TECH SUPPORT GROUP
TUES, SEPT 26 ~ 1 P.M.**

Join Chrissy Streeter from the Manistee County Library for "The Tech Support Group" If you're having problems with your device, you're not alone. Bring your device and challenges to this group session and we'll help troubleshoot issues together!

Call the Manistee Senior Center to sign up **723-6477**

Cards & Coffee Tues., Sept. 19 9:30 a.m.

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

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

COST: \$5 DONATION TO THE WAGONER COMMUNITY CENTER



Thurs., Sept. 14

Sign up to take the bus to the Norman Twp. Community Center for a day of bingo, lunch and music with the Wellston Jammers.

Sign up before Sept 12.

723-6477

The bus leaves the senior center at 9:15 a.m.



Healthy Aging Month

Healthy Aging Month is observed during the month of September. This observance raises awareness on the physical and mental health of older adults and serves as a reminder that as we age, our minds and bodies change. It is important to maintain a healthy lifestyle to help deal with those changes and to help prevent some common age-related health problems. You can take a proactive approach to aging by adopting healthy habits and behaviors, managing existing health conditions, and staying connected to your community. Consider practicing the tips below to help you stay active and independent as you age.

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

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

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

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

In recognition of Senior Center Appreciation Month, the Manistee Congregate Meal site will be having a prize drawing on Monday, October 2nd during the meal. You can earn entries for this drawing by attending lunch at the Manistee site during the month of September. One entry will be earned each day that you attend our meal site. Meals are at noon and you MUST be registered the day prior by noon, to be eligible for the entry.

We will also be doing a different theme one day each week in September at the Manistee site. We would love to have you join us!!!

Eating and Appetite Concerns

Dementia

Forgetting to Eat

A person who is forgetful may also forget to eat. They may not know what time of day it is, and they may get distracted. A disease like Alzheimer's can injure the part of the brain that controls appetite. Also, food may not look, taste, or smell familiar.

Forgetting How to Eat

In the later stages of memory loss, your loved one may forget physically how to eat. They are at risk for malnutrition (not getting enough nutrients) and dehydration (not getting enough water). You may get worried. The person may be losing weight.

How to Help

*Remind the person to eat. This can be a quick phone call or in person.

*Eating alone is no fun. Ask the older adult to sit down and have a meal with you.

*Do not rush the person. It may take longer than usual to finish a meal.

*Prepare ready-made meals such as a sandwich so all they have to do is go into the fridge and find it. They may need a reminder.

*Reheating foods may be more difficult. Arrange to have their meal heated up for them.

*Physically check to make sure they ate

what they said they were going to eat.

*Provide finger foods. Put one piece of food on the plate at a time. Ideas include — a piece of toast with jelly, pieces of fruit, protein bars, cheese cubes, egg salad sandwiches, steamed broccoli, chicken nuggets, fish fingers, tuna wraps, etc.

*Offer a store-bought meal replacement beverage. It is like a nutritious milkshake. Alternatively, make a smoothie.

*Prepare your loved one's favorite foods. Ask what kinds of meals they loved when they were younger.

*Ask your loved one to help prepare some food. This may help stimulate an appetite.

*Talk to a doctor about the problem. Depressed mood can also affect a person's appetite. Some medications can help or even make it worse.

Be on the lookout for mouth sores, poor or missing teeth or ill-fitting dentures that make it hard to chew. Sometimes a person may chew their food but not swallow it. They may put it into their cheek and pocket it. Sometimes you may need to chop the food up into smaller pieces. Putting food in a blender can also make it easier to swallow.

Choking or swallowing difficulties may require an exam by a specialist. A referral may be needed.

Finger Painting for Adults

Wed., Sept. 13, 2 pm.



When we were kids, how much fun did we have finger painting? A lot of us tend to associate "fun" with being "childish," which is unfortunate. Not only is finger painting a fun, messy, creative process, but it's a great way to get back in touch with the part of ourselves that feels free to create. Come in and give this fun painting a try!



Blood Pressure Clinic

Wednesdays at 10 a.m.

at the senior center.



Bring your jam here!

Are you looking for a place to jam with your friends?

Come to the senior center Thurs. Sept. 7 & 14 from 2-4

SENIOR POTLUCK

Sun, Sept. 24 1 p.m. at the senior center

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



The **Buzz** with the **Fuzz**

The 1st Wednesday of each month 12:30 p.m.

Sheriff Brian Gutowski, or a representative from his office will be at the Senior Center

Call to sign up 723-6477



mperks How-to

Join us as representatives from Meijer explain and show us how easy it is to use the new MPERKS.



12:30 Wed., Sept. 13

at the senior center

Call to register 723-6477

Wheelin' & Dealin' with Johnny O

Fri., Sept. 22, 1 p.m.

Be sure to wear a costume!

Fill your pockets & purses with stuff!

Manistee Senior Center.

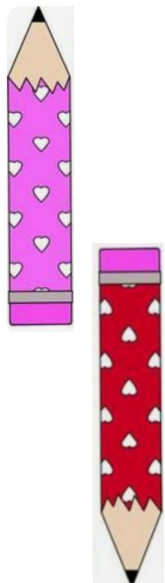
Come join in the fun!

Call to sign up
723-6477

Think "Let's Make A Deal"



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Pepperoni pizza Steamed corn Baked beans Fresh pear Cookie
4 Labor Day No home delivered or congregate meals today	5 Meatloaf Mashed potatoes Mixed vegetables Fruit cocktail Dinner roll	6 Sweet & sour chicken Rice pilaf Steamed broccoli Oriental blend veg Mandarin oranges Roll	7 Smoked sausage on bun Cheese potato bake Sautéed peppers/ onions Applesauce	8 Beef tips & gravy Root blend veg Asparagus Strawberries Biscuit
11 Homemade goulash Green beans Steamed cauliflower Sliced peaches Bread	12 Chicken noodle soup Sliced carrots Brussel sprouts Banana Oyster crackers	13 Oven baked ham Scalloped potatoes Capri blend veg Pineapple tidbits Roll	14 Sloppy Joe on bun Seasoned diced potatoes Dried cranberries	15 Marinated chicken breast Chef blend veg Asparagus Grapes/ Roll
18 Pork chop steak Sweet potatoes Winter blend veg Cinn apple slices Roll	19 Fish sandwich on bun Lima beans Spring blend veg Diced peaches	20 Turkey n gravy Mashed potatoes Steamed corn Fruit cocktail Biscuit	21 Baked BBQ chicken Wax beans Cali blend veg Sliced pears Roll	22 Country fried steak Diced carrots Garlic potatoes Applesauce Roll
25 Chicken tenders Baked beans Midori veg blend Strawberries Roll	26 Cheese omelette sausage Seasoned potatoes Sautéed pepp/onions Apple juice/Muffin	27 Chicken cordon bleu Hubbard squash Garlic potatoes Raisins Roll	28 Lasagna Spinach Harvest blend veg Sliced peaches Bread	29 Chicken ala king Peas & carrots Spring blend veg Pineapple tidbits Biscuit



Community Senior Luncheon Schedule

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

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 12 Lunch Cleaning the carpets, all activities cancelled
4 Labor Day Senior Center closed	5 10 Sit & Fit 11 Music w/ Suzanne 12 Lunch 12:30 Bridge 1 Pinochle 2 Knit/Crochet circle 3:30 Chair Yoga	6 10:30 TOPS 10 BP Clinic 11 Produce Bingo 12 Lunch 12:30 The Buzz w/the Fuzz w/Sheriff Brian 1 Cardio Drumming	7 10 Sit & Fit 10 Cribbage 10:30 Sign Language 12 Lunch 1 Chess 1 Z's Carts presentation 2-4 Bring Your Jam!	8 10 Balance & Stretching 12 Lunch 12 Piano w/Suzanne 1 Euchre 1 Welcome mat project with Viki 2 Friday Flicks
11 Flu Shot Clinic 10:15 Gotta Have Art 10 Dominoes 10 Reflexology 12 Lunch 1 Balance & Stretching 1 Pinochle 1 Mah Jongg 1 Chair Massage 2 Board Games	12 10 Sit & Fit 11 Toe Tapping Tuesday 12 Lunch 12:30 Bridge 1 Pinochle 2 Knit/Crochet circle 3:30 Chair Yoga	13 10 BP Clinic 10:30 Eyeglass clinic 10:30 TOPS 11 Fun Bingo 12 Lunch 12:30 M-Perks How-To 1 Cardio Drumming 2 Finger Painting for Adults	14 9 Wellston Jammers 10 Sit & Fit 10 Cribbage 10:30 Sign Language 12 Lunch 1 Chess 2-4 Bring Your Jam! 3 Dementia Support	15 9-11 Senior Food Bank 10 Balance & Stretching 12 Piano w/Suzanne 1 Euchre 1 Suicide prevention 2 Manistee County Public Library "Check It Out"
18 10:15 Gotta Have Art 10 Dominoes 10 Reflexology 12 Lunch 1 Balance & Stretching 1 Pinochle 1 Mah Jongg 1 Chair Massage Attorney by appt. 2 Board Games	19 9:30 Cards & Coffee 10 Sit & Fit 11 Music w/Jim Toczynski 12 Lunch 12:30 Bridge 1 Popcorn & Movie 1 Pinochle 2 Knit/Crochet circle 3:30 Chair Yoga	20 10 BP Clinic 10:30 TOPS 10 Safe Medication practices 11 Fun Bingo 12 Lunch 11 Celebrate our Sept birthdays 1 Cardio Drumming	21 Regional Summit All activities cancelled No congregate lunch	22 10 Balance & Stretching 12 Lunch 1 Euchre 1 Johnny O
25 10:15 Gotta Have Art 10 Dominoes 10 Reflexology 12 Lunch 1 Balance & Stretching 1 Pinochle 1 Mah Jongg 1 Chair Massage 2 Board Games	26 10 Sit & Fit 10 Library Day 11 Toe Tapping Tues 12 Lunch 12:30 Bridge 1 Tech Class 1 Pinochle 2 Knit/Crochet circle 3:30 Chair Yoga	27 10 BP Clinic 10:30 TOPS 11 Fun Bingo 12 Lunch 1 Salute to First Responders w/Ice Cream Social 1 Cardio Drumming	28 10 Sit & Fit 10 Cribbage 10:30 Sign Language 12 Lunch 1 Chess 2:30 Chair Volleyball Exhibition game	24 1 Sr. Potluck
				29 10 Balance & Stretching 11 Acupuncture facts with Dr. M. Batzer 12 Lunch 12 Piano w/Suzanne 1 Euchre 2 Friday Flicks

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

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

www.manistecountycoa.com www.facebook.com/ManisteeCountyCouncilOnAging



You Gotta Have Art!
 Lessons and Laughter

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



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

Come join in the fun at the senior center

260 St. Mary's Pkwy
 Manistee



Personalized Welcome Mat painting project
 Fri., Sept. 8
 1 p.m.

All materials supplied
\$35

Other styles available.
 Call to sign up 723-6477



**ADOPT A
 CLASSROOM**

September is back to school. Remember how fun it was buying school supplies for the kids?

We're going to adopt a local elementary classroom this year. Help us by bringing new school supplies; crayons, pencils, markers, writing tablets, etc. to the senior center. We'll deliver them to our adopted class at the end of the month.



National Institute Of Senior Centers

September 2023

National Senior Center Month
 Discover your...



Friendships



Health



Purpose



Creativity

Manistee County Council on Aging
 260 St. Mary's Parkway
 Manistee MI 49660
 (231)723-6477



CHAIR VOLLEYBALL
 All the fun of regular volleyball without the risk!

Come watch Team Senior Center team square off with Team Beaton in an exhibition game
 Fri., Sept. 28 at 2:30 p.m.

Coming Soon!
"City Patrol" with City Police Chief Josh Glass

a monthly get together to discuss your concerns, hear updates and important safety information. Watch for updates





Summertime at the Senior Center

Lots of fun activities happened this summer. We finished our summer cooking class, looking forward to another class in October (fingers crossed!) Sheila from Dip & Design came and painted with us, Police Chief Josh Glass, and Sheriff Brian Gutowski visited and gave us some great information, and we held our big summer bash, the senior picnic at First Street beach, where we ate yummy food, danced like nobody was watching, and listened to great music!

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

