

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

Happy December Manistee County! The last few months have just flown by and soon it will be 2024. I was so glad Mother Nature was kind to us in November. I am sure I have shared this before, but I never saw myself as someone who would go somewhere warmer as I got older, but the cold is not my friend any longer. I love the snow, but the cold sure takes a toll on me. So, who knows, maybe when I am in my 70's or 80's I will head somewhere a little warmer in the winter.

I hope everyone is looking forward to the Sleighbell weekend in Manistee and all of the great events going on in Manistee County. I know we have the Holiday Craft Bazaar at the Wagoner Community Center on Saturday, December 2 that starts at 9 a.m. and goes till 3:30 p.m. I love to see all of the talented and creative people that bring in so many beautiful and interesting things to sell. My husband always tries to curtail my spending, but I always find some of the best Christmas gifts at the craft show.

December will be a busy month for the Manistee County Council on Aging and we love all of the holiday fun going on. We have our annual Jingle Bell Ball with lots of food, dancing and fun. We have Jerry Zupin catering the delicious meal of chicken, fresh polish sausage, cabbage rolls, mashed potatoes and gravy, squash, corn, rolls, pasta salads, and desserts. Butch Baker and the Just 4 Fun Band will be providing the music. Tickets are on sale at the senior center, I hope you can join us for this awesome party. We also have a wonderful Christmas Singalong coming up with Janet Stroup and Sue Durant. Come in and get into the Christmas spirit with all of us. We have kids coming in from the schools

to sing Christmas music for all of us. There is nothing better than seeing the kids and watching them. I always love to see what they are going to do when they are singing. Check out the calendar and see all of the events going on in December.

Don't forget that we are partnering with Meijer for the Simply Give Program throughout December. If you are there and would like to purchase a food card to put towards our senior food pantry that would really help out. Our November food pantry saw 226 seniors come in for food. I am afraid that this number will only grow with the costs of everything getting higher. You can donate \$10 and higher, but the best day to do this would be Saturday, December 16. This is their double match day which means they will double match your donation. We appreciate anything you can do to help our senior friends, family and neighbors. Thank you!



I love Christmas, I love the Spirit of Christmas and find as I am getting older things are changing a little bit for me. I still love Christmas, but I find there is a lot of stress that comes along with the holidays. Then I wonder, is it because I am getting older and I am so busy. I don't know what it is, but the thought of being that wide eyed little kid again would be amazing. Believing in miracles, Santa Claus, reindeer and magic would really make a difference in adult lives. Cheers to believing in Christmas Magic again!

I hope you have a wonderful December and your holidays are full of love, laughter and Christmas spirit!

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: Dec. 18. 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

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.

Cardio Drumming: Wed., 1 p.m.



HAPPY birthday

Barbara Powell 1
Bruce Richardson 1
Marie Waalkes 1
Margaret Wilkonson 1
Greg Barcome 2
Brenda Kelly 2
Ann Makowski 2
Martha Nelson 2
Judy Rice 2
Bonnie Terpening 2
Bob Bowling 3
Deborah Stone 3
Donna Williams 3
Carol Schmeling 3
Howard Gimpel 4
Albert Holmer 4
Ceceila Huebner 4
Tom Ruddy 4
Marilyn Sweet 4
Carol Zientek 4
Linda Oliver 4
Michelle Lancaster 5
Pamela Monroe 5
Len Opalka 5
Brenda Rybicki 5
Jean Soltes 5
Rick Tetsworth 5
Kathy Reeves 5
Bob Linn 5

Teresa Davideit 6	Denise Cummings 14
Judy Groenwhco 6	Helen Ferguson 14
Charlotte Gutowski 6	Marilee Johnson 14
Shannon Hernandez 6	Margaret Nelson 14
William Larson 7	Rick Strimisack 14
Kathryn Ward 7	Margaret Elliott 14
Kenneth Sielski 7	Alicia Warner 14
Glen Wolyniak 7	Char Roossien 16
Charlene Bolles 8	Alan Buck 17
Dennis Buckner 8	Jolene Miller 17
Martha Carpenter 8	Wendy Orton 17
Jerome Ray 8	Joan Gamache 18
Lisa Dunham-Eckhart 9	Sandy Woodcock 18
Ann Kaminski 9	Jean Schwerin 18
Patrice Murdock 9	George Danks 19
Jean Niedzielski 9	Carol Westberg 19
Linda Young 9	Susan Adolphson 20
Judy Johnson 9	Mario Lopez 20
Lana Brandt 10	John Oliver 20
Elizabeth Spiker 10	Charles Sell 20
Isaac See 10	Juana Lancour 21
Jeffrey Maidens 10	Robert Courneye 22
Yvonne Carleton 12	Carol Hull 22
Joyce Reed 12	Michael Kelley 22
Joann Malmgren 12	Cindy Kwiatkowski 22
Donna Holmer 13	Arvin Platz 22
Marie Linn 13	Betty Scott 22
Sharon Martin 13	Audrey Strouf 22
Wilma Pomeroy 13	Karin Ziehm 22
Charlotte Veine 13	Marla Sexton 23
Mary Ellen Vincent 13	James Brown 24
Calvin Beck 13	Philip Finan 24
Dian L. Bell 14	Margo Plamondon 24
Cheryl Carrier 14	Mary Ann Smith 24



Cliff Bartrum 24
Maureen Barry 25
Don Brown 25
Chester Magee 25
Sharon Peppers 25
Doug Milarch 25
Christie Wissner 26
Nancy Peterson 26
David Jans 27
Joyce Rempalski 27
Duane Anderson 28
Marvin Buckner 28
Pat Grostick 28
Don Parsons 28
Melvin Schweitzer 28
Cherylyn Fairfield 29
Judy Lundy 29
Patricia Mazor 29
Mary Lou Millard 29
Robert Beader 29
Kathy Block 30
Tim Culver 30
Pat Gustad 30
Sally Malkowski 30
Ronald McNally 30
Linda Nickelson 30
Judy Ross 30
Sarah Kuriger 31
Lorrie Manthei 31
Robert Palmer 31



Protect yourself from pharmacy and prescription drug fraud, errors, and abuse. Medicare pharmacy or prescription drug fraud occurs when Medicare is billed for a prescription that you did not receive, or if you are purposefully given a different medication than the one your doctor prescribed. Examples of suspected pharmacy or prescription drug fraud, errors, or abuse include:

- A provider billing Medicare for drugs you never received.
 - A pharmacy providing you with expired drugs or automatically refilling a prescription you no longer need and billing Medicare.
 - A pharmacy providing you with less medication than you were prescribed.
 - A company offering you “free” or “discount” prescription drugs without a prescription and then billing Medicare.
- Always read your Explanation of Benefits (EOB) from your prescription drug plan to make sure you recognize the names of the providers and prescriptions listed on the notice.

If you suspect potential pharmacy or prescription drug fraud, errors, or abuse, contact your local agency The Manistee County Council on Aging at 231-723-6477 or contact Michigan Medicare/Medicaid Assistance Program at 1-800-803-7174

COMMUNITY HEALTH TALK

VISIT [HTTPS://WWW.EVENTCREATE.COM/E/DRMARIANFULLER](https://www.eventcreate.com/e/DRMARIANFULLER) TO REGISTER TODAY!

Are you tired of the frequent bathroom runs?

Live your life again without disruption



MUNSON HEALTHCARE offers a clinically proven solution

Are you ready for relief? Take the first step.

Join us for a **FREE In Person Community Health Talk** presented by Dr. Marian Fuller
Tue, December 05 @ 11:00 AM EST
Manistee Senior Center, 260 St. Mary's Parkway

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 available to answer general questions

Next meeting Wed., Dec. 13

GRIEF SUPPORT GROUP

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

DEPRESSION/ISOLATION SUPPORT GROUP

The Depression/Isolation support group will meet the first Thur. of the month. at the senior center. The group is a safe, supportive environment for anyone who may be experiencing depression or feeling isolated. Judy Neis, retired RN will be facilitating the group. The next meeting will be **Dec. 7** at 2 p.m. Contact the Senior Center 723-6477 for more information.

DEMENTIA SUPPORT GROUP

The dementia support group will meet the second Thur. of the month at the senior center. The group is a supportive, friendly gathering for caregivers, family members or anyone interested in learning more about and supporting our senior dementia community. The next meeting will be **Dec. 14** at 3 p.m. Contact Jacki Krolczyk, (231) 883-1341 for more information.

PARKINSON'S SUPPORT GROUP

The Parkinson's support group meets on the 3rd Thursday of each month (except Jan & Feb) at the senior center. This month's support group will meet Thurs., **Dec. 21**, 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., Dec. 4, 18
by donation

Reflexology involves massage of feet and legs, targeting acupressure points. It is not massage therapy. Call the senior center to schedule your appointment

723-6477

Foot Care Clinic

2nd Tues. of the month
Next Clinic

Tues., Dec. 12

\$20 bring towel & basin

Call for an appointment
723-6477

Chair Massage

w/Diane
by donation

at the Senior Center

Mon., Dec. 4, 18

Please call to sign up
723-6477

POPCORN & A MOVIE



TUE., DEC. 19
 1 p.m. at the Vogue Theatre.
 Call the senior center to sign up
723-6477

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., Dec. 6. (Buzz with the Fuzz)

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 Dec. 28. Stop by and see what's new around town. (City Patrol)

POUR PAINTING

w/KATHY
 WED., DEC. 6
 2:30 P.M.



Call to
 sign up
 723-6477



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



Thank you Manistee Meijer!

The Manistee County Council on Aging's Senior Food Pantry was chosen as to be part of the Holiday Simply Give Campaign. Dates are Sun., Oct. 1 - Sat., Dec. 30
Double match day is Sat., Dec. 16. (Every \$10 donation, Meijer will add \$20). Just swipe your Simply Give card when you check out. Cards available at Meijer and the senior center.

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.



Winter Nutrition Tips for Seniors

The colder months can pose challenges for older adults when it comes to healthy eating when cold weather and dangerous snowy roads can mean less trips to the grocery store for fresh fruits and vegetables. It's easy to get our required daily dose of fresh produce in the summer when delicious tomatoes and peaches are in season, but it's equally important to eat fresh in the winter months.

Below are some tips to keep you eating healthy in the winter months:

- **Take Advantage of Root Vegetables.** Winter is peak season for root vegetables, considered to be some of the most nutrient rich veggies you can eat. Parsnips, yams, beets, and carrots are just some of the root vegetables readily available from fall to spring that are easy to cook and that pack a nutritional punch. Root vegetables are high in vitamins A, B, and

C as well as iron. Plus, they are high in fiber and slow-burning carbohydrates, so you'll stay fuller longer after a meal.

- **Stock up on Citrus.** Oranges, grapefruit, pineapple and all other citrus fruits are in season during the winter months, so you can often find top quality citrus fruits at the best prices. High in vitamin C, citrus is a great addition to winter diets for seniors, to help you keep cold and flu at bay.

- **Omega Three Fatty Acids.** Next time you visit the grocery store, consider adding walnuts, avocados, and flax seed to your cart. These foods are full of omega three fatty acids, known to reduce inflammation and help curb heart disease, arthritis, and even cancer. Flax seeds can be crushed in a food processor or with a mortar and pestle then added to cereals, yogurt and even salads.

- **Include Dark, Leafy Vegetables.** The winter months are a great time to add more dark leafy vegetables that are high in vitamins and antioxidants to your diet. Include spinach, broccoli or chard to your meals for extra fiber, and stock up on green veggies by keeping plenty of frozen or canned selections readily available.

- **Less Sunlight, More Vitamin D Rich Foods.** Our main source of Vitamin D is sunlight. During winter months, nutritionists recommend older adults add more Vitamin D rich foods to their diet, including egg yolks, seafood, healthy grains, and Vitamin D fortified milk.

- **Simple Beet, Carrot, Spinach & Quinoa Salad.** Looking for winter salad that is nourishing and simple to prepare? A beet, carrot, spinach and quinoa salad is full of nutrient rich ingredients to keep you healthy during the colder months. Beets, carrots and spinach are a great source of vitamin A, walnuts are rich in omega fatty acid, and quinoa is high in fiber, magnesium and calcium. Top it with grilled salmon or chicken for extra protein or add goat cheese or feta for a little decadence.



MUNSON UPDATES

Do you still have questions about the changes coming to Munson Manistee Hospital? Join us at the senior center

Thur., Dec. 14 at 11 a.m.

Kelly Tomaszewski, community president at Manistee Hospital & Paul Oliver Memorial Hospital will return to field your questions.

FINGER PAINTING

FRI., DEC. 15

2 P.M.

Maybe we'll do something fun like this...

Call to sign up

723-6477



OLD FASHIONED CHRISTMAS SINGALONG

TUES., DEC 12, 11 A.M.

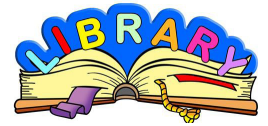
Join Janet Stroup & Sue Durant for a fun holiday singalong at the senior center.

HOLIDAY CHILDREN'S CHOIR

Round out your holidays with a fun concert by a group of local children.

Wed., Dec. 13 ~ 9 a.m.

A group of children from Manistee Catholic Central will bring us an impromptu holiday concert.



TUES., DEC. 12

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., Dec. 12, 1 p.m.

"The 24/7 Library: Holiday Edition"

Visit the library without going out on those snowy roads! Chrissy from Manistee County Library will show you a variety of holiday-themed music, movies, tv shows and books you can download onto your smart-phone, tablet or computer.

Cards & Coffee

Tues., Dec. 12 ~ 9:30 am
at the Senior Center



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

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


COST: \$5 DONATION

TO THE WAGONER COMMUNITY CENTER

The happiest of holidays to you & yours from all of us at the senior center.

Sarah, Hilary,
Jeanne, Nancy,
Netters, Staci
& Lindsay

DEC. 2023 ~ Senior Nutrition Program Menu

				
				Stuffed cabbage Stewed tomatoes Spring blend veg Strawberries WG dinner roll No meal served at senior center
4 Tuna noodle casserole Asparagus Squash Applesauce WG dinner roll	5 Wet burrito Refried beans Spinach Mandarin oranges WG dinner roll	6 Turkey & gravy Mashed potatoes Diced carrots Fruit cocktail WG biscuit	7 Cheeseburger on bun Spring blend veg Baked beans Banana	8 Orange blossom chicken Oriental blend veg Cook's choice veg Craisins WG dinner roll No meal served at senior center
11 Sweet & sour meatballs Steamed broccoli Midori veg blend Pineapple tidbits WG dinner roll	12 Oven roasted pork loin Cheese potato bake Asparagus Cinnamon apple slices WG sliced bread	13 Fish sandwich on bun Lima beans Spring blend veg Diced pears	14 Chicken cordon bleu Hubbard squash Steamed spinach Strawberries WG dinner roll	15 Hamburger gravy Mashed potatoes Wax beans Blueberries WG biscuit
18 Lasagna Harvest blend veg Spinach Sliced peaches WG dinner roll	19 Sloppy Joe on bun Oven potatoes Wax beans Banana	20 Chicken Alfredo Steamed broccoli Sliced carrots Mandarin oranges WG biscuit	21 Turkey & cheese sandwich on bread Coleslaw Beets Raisins	22 Oven baked ham Scalloped potatoes Green beans Pineapple tidbits WG dinner roll Holiday cookie
25 Merry Christmas No meals served or delivered	26 Merry Christmas No meals served or delivered	27 Chicken tenders Mixed veg Capri blend veg Sliced pears WG dinner roll	28 Pork chop steak Sweet potatoes Brussel sprouts Fruit cocktail WG dinner roll	29 Country fried steak Diced carrots Garlic potatoes Applesauce WG dinner 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.

December 2023 ~ Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>All activities cancelled No lunch served at the senior center</p> <hr/> <p>2</p> <p>9-3:30 Holiday Craft Bazaar</p>
<p>4</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>5</p> <p>10 Sit & Fit 11 Overactive Bladder w/Dr. Fuller 12 Lunch 12:30 Bridge 1 Pinochle 2 Knit/Crochet circle 3:30 Chair Yoga</p>	<p>6</p> <p>9 Tai Chi 10:30 TOPS 10 BP Clinic 11 Fun Bingo 12 Lunch 12:30 Buzz with the Fuzz 1 Cardio Drumming 2:30 Pour Painting w/Kathy</p>	<p>7</p> <p>11 Grief Support Group 12 Lunch 2 Depression/Isolation Support Group</p>	<p>8</p> <p>11 Jingle Bell Ball</p> <p style="text-align: center;">  </p> <p>All activities cancelled No congregated meal at the senior center</p>
<p>11</p> <p>9 Tai Chi 10:15 Gotta Have Art 10 Dominoes 12 Lunch 1 Pinochle 1 Mah Jongg 1 Balance /Stretching 2 Board Games</p>	<p>12</p> <p>9:30 Cards & Coffee 10 Sit & Fit 10-1 Library Day 11 Christmas Singalong 12 Lunch 12:30 Bridge 1 Tech Class 1 Pinochle 2 Knit/Crochet circle 3:30 Chair Yoga</p>	<p>13</p> <p>9 Tai Chi 9 Holiday Children's Choir 10 BP Clinic 10:30 TOPS 10 Eyeglass Clinic 11 Fun Bingo 12 Lunch 1 Cardio Drumming 1 Veterans Exchange group</p>	<p>14</p> <p>10 Sit & Fit 10 Cribbage 11 Munson Update w/Kelly T 12 Lunch 1 Chess 1 Sign Language 3 Dementia Support</p>	<p>15</p> <p>9 Tai Chi 10 Balance /Stretching 12 Piano w/Suzanne 1 Euchre 2 Finger Painting</p> <hr/> <p>16</p> <p>Meijer Simply Give Double Up day</p>
<p>18</p> <p>9 Tai Chi 10:15 Gotta Have Art 10 Dominoes Attorney by appt. 10 Reflexology 12 Lunch 1 Pinochle 1 Mah Jongg 1 Chair Massage 1 Balance /Stretching 2 Board Games</p>	<p>19</p> <p>10 Sit & Fit 11 The Cut w/John Wemlinger 12 Lunch 12:30 Bridge 1 Pinochle 1 Popcorn & Movie 2 Knit/Crochet circle 3:30 Chair Yoga</p>	<p>20</p> <p>9 Tai Chi 10 BP Clinic 10:30 TOPS 11 Fun Bingo 11 Celebrate our Dec. birthdays 12 Lunch 1 Cardio Drumming</p>	<p>21</p> <p>10 Sit & Fit 10 Cribbage 11 Parkinson's Support 12 Lunch 1 Chess 1 Sign Language</p>	<p>22</p> <p>9 Tai Chi 10 Balance /Stretching 12 Piano w/Suzanne 1 Euchre</p>
<p>25</p> <p>Merry Christmas Senior Center closed (No meals served or delivered)</p> <p style="text-align: center;">  </p>	<p>26</p> <p>Merry Christmas Senior Center closed (No meals served or delivered)</p>	<p>27</p> <p>9 Tai Chi 10 BP Clinic 10:30 TOPS 11 Fun Bingo 12 Lunch 1 Cardio Drumming</p>	<p>28</p> <p>10 Sit & Fit 10 Cribbage 12 Lunch 12:30 City Patrol w/the Manistee City Police 1 Chess 1 Sign Language</p>	<p>29</p> <p>9 Tai Chi 10 Balance /Stretching 12 Piano w/Suzanne 1 Euchre 2 Friday Flicks</p>

Manistee County Council on Aging

260 St. Mary's Parkway ~ Manistee, MI 49660

Phone: (231) 723-6477 Toll Free: (888) 723-9060 Fax: (231) 887-4280

Serving the senior citizens of Manistee County

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

manisteecountycoa.com

www.facebook.com/ManisteeCountyCouncilOnAging



The Manistee County Council on Aging is accepting monetary donations to help fund the Christmas Gift for the Homebound program.

If you know of any homebound, isolated seniors in Manistee County please call us at the senior center so we can add them to our list. Our hope is to reach out to these seniors with a Christmas gift basket. Seniors must live alone and not be able to get out in order to qualify.

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. 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.



John Wemlinger has published six novels, one of which, *The Cut*, was named a Michigan Notable Book by the State Library of Michigan. It is historical fiction and tells the David and Goliath story of how the channel between Portage Lake and Lake Michigan came to be. That true story had a county-wide impact on Manistee County. **Stop by the senior center on Tues., Dec. 19 at 11 a.m.** and meet the author. John will be here discussing his book, and will make copies available if you are interested.



FRIDAY FLICKS

Friday, Dec. 29 ~ 2 p.m.

Come in and watch a great movie with the gang!



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.

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

Sponsored by Manistee County Council on Aging
Wagoner Community Center
260 St. Mary's Parkway, Manistee

Friday, Dec. 8

Doors open at 11:00 a.m. ~ Music til 3:00 p.m.
Dinner Served at 12:00 noon

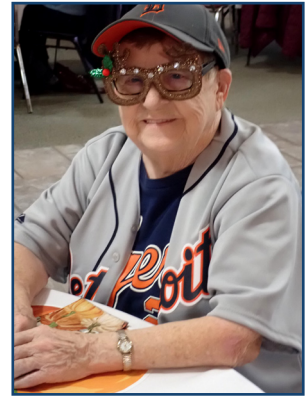
Catered by: **Jerry Zupin**

Music by: **Virgil Baker & Just 4 Fun Band**

Tickets are available at the Manistee Senior Center
For information call 723-6477

\$15

**NO TICKET
REFUNDS**



Fall Fun

What a fun time we had at our Fall Flannel Fest! We had a great band, a great meal, and so many friends who attended. We also took time to get messy and have fun with our newest finger painting class. There's always something fun to do at the senior center.

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

