

FREE

Issue: March 2022

Senior Moments

Manistee County Council on Aging

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Executive Assistant



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Senior Nutrition



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News & Notes from Sarah

By Sarah Howard
Executive Director

Happy March everyone! I hope your February was wonderful and you are ready for a lovely March. I am always glad to see spring getting closer. The winter wasn't as crazy as I imagined it could have been. We did have a lot of cold weather, but it wasn't anything we Michiganders couldn't handle. I am really looking forward to spring, so we can get working on a couple of projects that need to be done on the outside of the Wagoner Community Center.

Our schedule seems to be getting busier and that is a great thing for all of us. The isolation of the pandemic has really been hard on everyone and it is time to get moving forward.

We had a nice Valentine's Day Party, we limited the group to 80 for the event, for COVID reasons. We felt terrible that we had to turn down people, but the next event we hope to get back to some larger numbers. It was a nice party. We had great music by Gary Loper and Donna Jados. We had a delicious ham dinner that was prepared by our wonderful Manistee Area Public Schools kitchen. I thought it would be nice to have everyone at the party experience what the meals are for our meal sites and everyone seemed to enjoy it. The staff did a beautiful job decorating and had some nice surprises for our great group. Thank you to everyone who helped in any way and for everyone who came in for the fun!

We have a Fat Tuesday get together coming up on March 1st; our own little Mardi Gras. It is the final feasting day before the Christian tradition of Lent which begins the

following day, which is Ash Wednesday. Give us a call if you want to come celebrate with us.

Did you know March 8th is International Women's Day? It is a day that not only celebrates the achievements of women and the progress made toward women's rights, but also brings attention to ongoing struggles for equality around the world. I want to celebrate all women. If you are out and about, please stop by so we can celebrate together.

We will have a wee St. Patrick's Day party on Thursday, March 17th. Wear your green and come in for a treat and some fun! We will have corned beef & cabbage for lunch, so get signed up and see what surprises we have in store for you!

I am curious how March will come in this year. If March "comes in like a lion, it will go

out like a lamb," which means that if the month starts off stormy, it will end with mild weather which would be nice. But we will see what Mother Nature's plans are for us, you never know.

Our family is expecting a new little one on March 14th, our daughter Emily and her

husband Josh are expecting a little girl. They are a blended family and they each have a daughter, we have Adeline who is 7 and little Addy who will be 5 and our new little one. We are blessed grandparents who can't wait to meet our 8th grandchild.

We have a ton of things going on this month, please check out the calendar and find some fun things to join in. We all hope to see you at the Senior Center in March! I hope you have a great month and remember to try something new!



Get involved with these activities!

Services

Foot Clinic: Once a month. By appointment only

Blood Pressure Clinic: Wednesdays, 10 am

Senior Food Bank: third Friday January through November. *Next Food Bank: Fri., March. 18.*

Free Attorney Consultations: 2nd Monday. *Next attorney consultations: March 14. By appointment only.*

Eyeglass Clinic: 2nd Wed., 10:30 a.m.

Hearing Aid clinic: 2nd Tues., Jan., April, July & Oct., 1 p.m. Appointment only

Chair Massage: 2nd Wednesday of the month. By appt. only

Exercise Opportunities

Sit & Get Fit (Manistee): 10 to 10:30 a.m., Tues & Thur (Wagoner Comm. Center, 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

Tai Chi: 9 a.m. Mon, Wed, Fri (Wagoner Comm. Center, activity hall)

Zomba: 2 p.m. Mon & Wed (Wagoner Comm. Center, activity hall)

Cardio drumming: 4 p.m., Thurs. (Wagoner Comm. Center, activity hall)

Yoga: Chair yoga Tues., 3:30 p.m. Regular yoga Thurs., 3 p.m.

Indoor Walking: Mon., 11 a.m., Fri 1 p.m. (center open M-F)



George McLaughlin	3/01	Diane Masty	3/09	Sally Akers	3/20
Susan Celli	3/02	Jeanne Barber	3/10	Dave Bruesch	3/20
Laura Johnson	3/02	Jeanne Firman	3/10	Donna Thompson	3/20
Duane Marquand	3/02	Ruth Ann Ketz	3/10	Don Pelarski	3/22
Kathy Grabowski	3/02	Gail Kolk	3/10	Debra Edenburn	3/22
Joan Peters	3/02	Gertrude Zygaj	3/10	Ginny Madsen	3/23
Mary Ware	3/02	James Madsen	3/10	Fran Cabot	3/23
Angela E. Fisk	3/03	Debra Davis	3/10	Nyla Platz	3/24
Ruby Girven	3/03	Linda Kiefer	3/10	Donald Block	3/25
Shirley Harden	3/03	Kristie Harless	3/11	Shery Parsons	3/25
Patty Spencer	3/03	Joan Haynes	3/11	Audrey Pearson	3/25
Mike Tillotson	3/03	Richard Najdowski	3/11	Vickie Mydlowski	3/25
Joann Muma	3/03	Deborah Schmidt	3/11	Marilyn Lague	3/25
Nancy Morgret	3/03	Randy Decher	3/12	Sam Miller	3/25
Jerry Wilson	3/03	Carol Dyer	3/12	Patricia Cybert	3/26
Shelly Thayer	3/03	Shirley Olenchak	3/12	Doris Newland	3/26
Charles Stege	3/04	Elizabeth Hughes	3/12	Sharon Szymarek	3/26
Paula Elk	3/04	Kay Adamczak	3/12	Mary Hand	3/27
Cindy DeLeeuw	3/05	Janice May Kuenzer	3/13	Ardie Hillard	3/27
Barbara DeMoore	3/05	Crystal Blaid	3/14	Warren Fairfield, Jr.	3/27
Shelley Green	3/05	Amy Jacobs	3/14	Sherry Anderson	3/28
Ray Mikula	3/05	Roger Schrock	3/14	Marge Hybza	3/28
Helen Landis	3/06	Gale Jacobs	3/15	Sally Mason	3/28
Joe Pohl	3/06	Deb Falkenstein	3/16	Lois Danks	3/29
Connie Stoykovich	3/06	Alford Reitman	3/16	Donna Swiatlowski	3/29
Donna Larson	3/06	Dixie Lindroth	3/16	Helen Steffes	3/29
Dorothy Bowling	3/07	Cathy Helmboldt	3/17	Pam Stokes	3/29
Les Edikauskas	3/08	Erika Kaiser	3/18	Paul Glaser	3/30
Juan Torres	3/08	Leonard Raczkowski	3/18	Velva Householder	3/30
Kathie Schmidt	3/08	Joseph Brisson	3/18	Richard Reed	3/30
Sheri Baran	3/08	Shirley Ball	3/19	Larry Kontz	3/31
Cathy Leckrone	3/08	Lois VanKainen	3/19	Nancy Miller	3/31
Rogene Newman	3/09	Rick Bendall	3/19	James Raspotnik	3/31
Rosie Turk	3/09	Ray Fortier	3/19		

If we have missed your birthday or anniversary, we apologize.

Please let us know if you would like to be included in our birthday or anniversary records.

Call to register



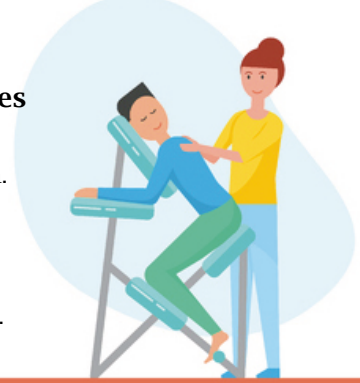
723-6477

SENIORS IN ARCADIA
The Manistee Senior Center
is bringing
PRODUCE BINGO
Fri., March 25 11 a.m.
Pleasant Valley Community Center
3586 Glovers Lake Rd, Arcadia

Anita Schaffer will be offering seniors free 10-minute chair massages at the Wagoner Community Center. Massages are offered once a month.

**This month,
March 9**

Call to schedule your appointment.
723-6477



Meal Delivery Volunteers Needed

Daily, Weekly or Monthly 1.5 Hour Shifts

Get involved today!

231-299-7855



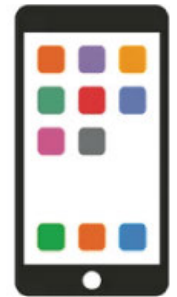
Our volunteers deliver more than a meal.

Connecting with Family and Friends in the Digital World

Monday, March 28, 10 am

Join Chrissy Streeter from the Manistee County library to learn how to use video meeting apps on computers, tablets and smartphones. This presentation will cover basics on Zoom, Facetime, and Google Hangouts. There will also be time at the end of the presentation to discuss specific questions you might have about digital meeting programs.

Manistee Senior Center
723-6477



POLICE CHIEF JOSH GLASS will be at the Wagoner Community Center Wed., March 9 at 10 a.m. to talk to us about avoiding scams.



PRODUCE BINGO!



WED, MARCH 2 AT 11 AM
AT THE SENIOR CENTER
260 ST. MARY'S PKWY



THE MANISTEE COUNTY LIBRARY PRESENTS
PICKIN' WITH THE CHAMP
Anthony Williams

Learn how to hunt the illusive morel at the Wagoner Community Center
Tues., March 29 6 pm

POPCORN & A MOVIE AT THE VOGUE



TUE., MARCH 22

1 p.m. at the Vogue Theatre. Seating will be limited. Call the senior center to sign up

723-6477

THOMPSONVILLE &
 COPEMISH SENIORS
 WATCH FOR
PRODUCE BINGO
 IN COPEMISH
 FRI., APRIL 8
 11 A.M.
 Call the senior center
 for more info.
 723-6477



St. Patrick's Day Wordsearch

P E F K C O R M A H S D U O D P S T
 O W R R I A E B M S A T D G Q A R P
 X I E D G J Z L S N I M F R O T I O
 X S T D K R E C S G N S W M L R U L
 T H Y S E Q N R H G T E W N S I A E
 S E A N T F I E T A R B E L E C L A
 T S E I F H I E C B R U S U G K H Y
 U O I O X M K H A J K M A C E R N U
 M A R C H F Y A E P O I U K Y S T S
 I W T S L R P B L A R N E Y Q T O H
 R T A E W O X N I R O P A T N O C I
 E I C W C E V R N A M T U E C N I L
 L R G T S E N E M D Y A O N I D O L
 A E I L O D L A R E M E N P D H N E
 N B Y H E N T Y A S C N I L Y A E L
 D L O G E T K D A I R C N L S E U A
 O G T R A I N B O W A S E P V P O G
 U W P E S F C X W E T F E S A L I H
 N B L E L K T J N M D V A Z F M P U
 E R S N U A H C E R P E L V C B N Y

Blarney	Emerald	Lucky	Rainbow
Celebrate	Green	March	Saint
Charm	Gold	Parade	Shamrock
Clover	Ireland	Patrick	Shillelagh
Coins	Leprechaun	Pinch	Wishes



MUSIC, MUSIC
MUSIC
 at the
 Senior Center/
 Wagoner
 Community Center
 260 St. Mary's
 Parkway

Toe Tapping
Tuesday
 March 1, 15, 29
Music w/Sonny
 March 8 & 22
 11 a.m.



New Time
for Thursday
Yoga Class
 Class now meets
 Thursdays at 3pm
 at the Wagoner
 Community Center
 /Senior Center

Eating Well with the Senior Nutrition Program

A healthy diet can help us avoid chronic diseases. Healthy eating with the help of the Senior Nutrition Program is convenient, affordable, and fun. All meals follow strict Nutrition for Older Adult Federal Guidelines. If you have trouble getting out of the house, grocery shopping and cooking meals, Home Delivered Meals can bring up hot meals to your door. If you can get out and about, four luncheon sites are open around the county, and more are in the works. Monthly menus are included in your Senior Moments newsletter. Registration is convenient and the service is free of charge if you qualify, with donations gratefully accepted.

Call 723-6477 x216 to sign up.

Luncheon Sites

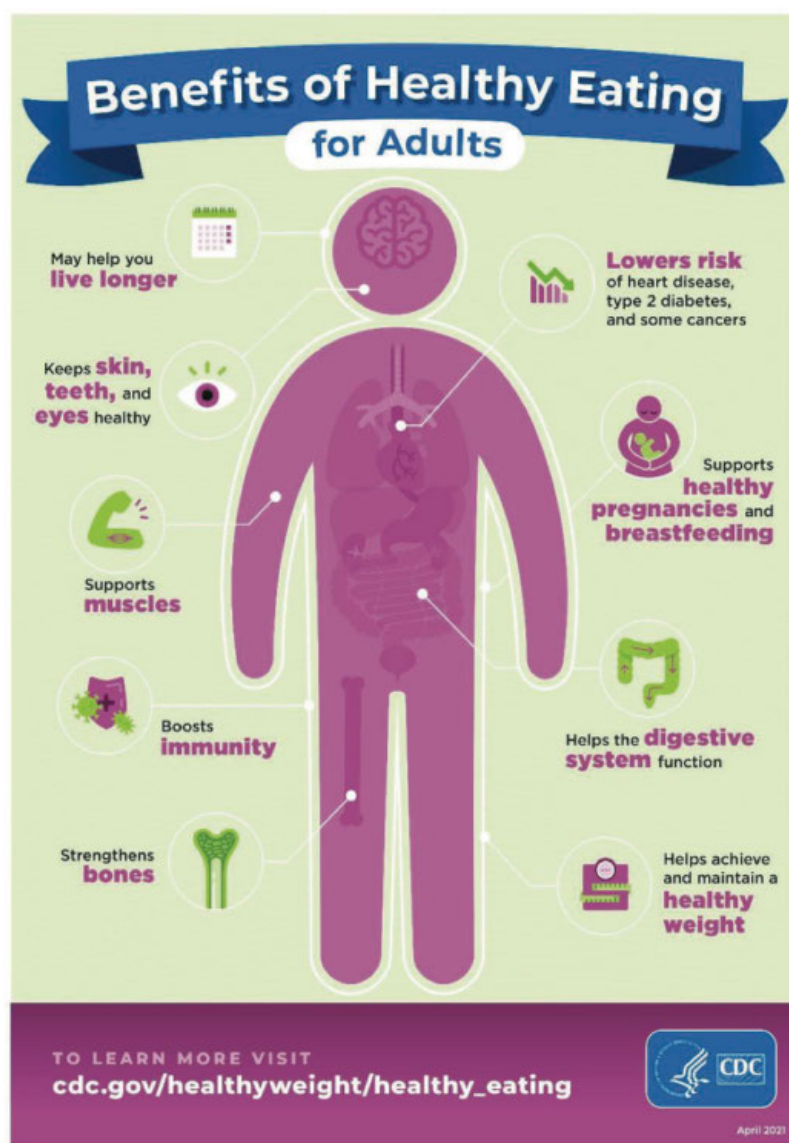
Wagoner Community Center
260 St. Mary's Parkway, Manistee
Mondays through Fridays at noon

Farr Center (Carry out only)
5283 Main Street, Onkama
Mondays and Wednesdays at 11:15am

Norman Township Community Center
1273 Seaman Rd., Wellston
Tuesdays and Thursdays at 11:30am

Marilla Township Hall
9991 Marilla Rd.
Wednesdays at noon


Call 723-6477 x216 on the
day before to reserve a
meal at a luncheon site.



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www.boyeragency.com



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* Muskegon	* Montague/Whitehall	* Baldwin
* Holland	* Newaygo	* Hesperia
* Jenison	* Scottville	* Tri Cities
* Fremont	* White Cloud	* Pentwater
* Shelby/Hart		

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Hospice of Michigan

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The community support for the Wagoner Community Center/Manistee Senior Center has been phenomenal! Senior Nutrition clients received valentines made by local children. Martin Marietta donated groceries for our food bank. Habitat and 100 Men Who Care made a generous donation.



Cards & Coffee

Tues., March. 8 ~ 10 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

Spring Wreath class

Monday, March 21 ~ 1 p.m.

Wagoner Community Center

Call to sign up

723-6477

Manistee County
Senior Nutrition
Program
mealsites

The Senior
Nutrition
Program is serving
the home delivered
meals & congregate
meals as well.

The mealsite in
Manistee is
open Mon-Fri

The mealsite
at the Norman Twp.
Comm. Center
is currently closed

The mealsite at the
Farr Center is open
Mon. & Wed.

Marilla Township
Hall is open and
serving lunch
Wed. at noon

**To cancel a meal
call 723-6477
ext. 216**

**Reserve meals by
noon the day prior
by calling
723-6477**

**Meals provided
by the
Manistee Area
Public Schools**

Monday	Tuesday	Wednesday	Thursday	Friday
March 2022 ~ Senior Nutrition Program Menu				
	1 Sloppy Joe on a bun Oven diced potatoes Baked beans Sliced pears	2 Scrambled eggs & sausage Peppers & onions Apple juice Blueberry muffin	3 Chili Steamed corn Green beans Diced peaches Cornbread	4 Macaroni & cheese Steamed peas Cali blend veg Applesauce Pretzel roll
7 BBQ chicken Winter blend veg Sliced carrots Strawberries Dinner roll	8 Turkey & cheese flatbread sandwich 3 bean salad Beets Banana	9 Lasagna Spinach Wax beans Pineapple tidbits Garlic toast	10 Sweet & sour meatballs Steamed broccoli Root veg blend Blueberries Roll	11 Fish sandwich on a bun Mixed vegetables Diced oven potatoes Fresh melon chunks
14 Melted ham & cheese flatbread sandwich Spring veg blend Green beans Raisins Bun	15 Chicken chop suey Rice pilaf Oriental blend veg Cauliflower Mixed berry fruit cup Roll	16 Shredded pork BBQ on bun Baked beans Fiesta corn Cinnamon apple slices	17 Corned beef & cabbage Red potatoes Sliced carrots Applesauce Rye bread	18 Tuna noodle casserole Lima beans Cali blend veg Fresh grapes Roll
21 Homemade beef stroganoff Capri veg blend Cauliflower Fruit cocktail Roll	22 Cabbage rolls Stewed tomatoes Spinach Diced peaches Bread	23 Chicken w/gravy Mashed potatoes Sliced carrots Pears Biscuit	24 Cheese lasagna Steamed broccoli Squash Strawberries Garlic toast	25 Oven roasted turkey Stuffing Corn Sweet potatoes Cranberry sauce Roll
28 Cheese omelette Sausage links Sauteed peppers & onions Potato coins Orange juice Blueberry muffin	29 Chicken drumstick Sweet potatoes Asparagus Blueberries Roll	30 Meatloaf Garlic mashed potatoes Peas & carrots Applesauce Bread	31 Breaded pork steak Hubbard squash Brussel sprouts Cinnamon apple slices Roll	

March 2022 ~ Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Fat Tuesday 10 Sit & Fit 11 Toe Tapping Tues 11 Fat Tuesday!! 12 Lunch 12:30 Bridge 2 Knit/Crochet circle 3:30 Yoga	2 9 Tai Chi 10 BP Clinic 10:30 TOPS 11 Produce Bingo  12 Lunch 1:30 Genealogy 2 Zomba	3 10 Sit & Fit 10 Cribbage 11 Bunco 12 Lunch 3 Yoga 4 Cardio Drum	4 9 Tai Chi 12 Lunch 1 Walk group
7 11 Walk group 9 Tai Chi 12 Lunch 1 Pinochle 1 Mah Jongg 2 Zomba	8 Celebrate Women 10 Sit & Fit 10 Cards & Coffee 11 Music w/Sonny 12 Lunch 2 Knit/Crochet circle	9 9 Tai Chi Chair massage by appt 10 Scam Presentation 10 BP Clinic 10:30 TOPS Eyeglass clinic 10:30 11 Bingo 12 Lunch 1:30 Genealogy 2 Zomba	10 10 Sit & Fit 10 Cribbage 11 Bunco 12 Lunch 3 Dementia S.G. 3 Yoga 4 Cardio Drum	11 9 Tai Chi 12 Lunch 1 Walk group
14 Attorney by appt 9 Tai Chi 11 Walk group 12 Lunch 1 Pinochle 1 Mah Jongg 2 Zomba	15 10 Sit & Fit 11 Toe Tapping Tues 12 Lunch 2 Knit/Crochet circle 3:30 Yoga	16 9 Tai Chi 10 BP Clinic 10:30 TOPS 11 Bingo 12 Lunch 1:30 Genealogy 2 Zomba	17 St. Paddy's Day 10 Sit & Fit 10 Cribbage 11 Bunco 12 Lunch 12 St. Paddy's Day 3 Yoga 4 Cardio Drum	18 9 Tai Chi 9-11 Food Bank 12 Lunch 1 Walk group
21 9 Tai Chi 1 Wreath class 11 Walk group 12 Lunch 12:30 Veterans Exchange 1 Pinochle 1 Mah Jongg 2 Zomba	22 10 Sit & Fit 11 Music w/Sonny 12 Lunch 1 Popcorn & Movie at the Vogue 2 Knit/Crochet circle 3:30 Yoga	23 9 Tai Chi 10 BP Clinic 10:30 TOPS 11 Bingo 12 Lunch 1:30 Genealogy 2 Zomba	24 10 Sit & Fit 10 Cribbage 11 Bunco 12 Lunch 3 Yoga 4 Cardio Drum	25 9 Tai Chi 11 Produce Bingo in Arcadia 12 Lunch 1 Walk group
28 9 Tai Chi 10 Technology class 11 Walk group 12 Lunch 1 Pinochle 1 Mah Jongg 2 Zomba	29 10 Sit & Fit 11 Toe Tapping Tues 12 Lunch 2 Knit/Crochet circle 3:30 Yoga 6 Morel presentation	30 9 Tai Chi 10 BP Clinic 10:30 TOPS 11 Bingo 12 Lunch 1:30 Genealogy 2 Zomba	31 10 Sit & Fit 10 Cribbage 11 Bunco 12 Lunch 3 Yoga 4 Cardio Drum 12:30 March Birthdays	

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

IMPORTANT PHONE NUMBERS

EMERGENCY SERVICES

Adult Protective Services (855) 444-3911
Centra Wellness (877) 398-2013
Police (emergency) 911
Central Dispatch (non emer)(231)723-6241
Manistee Police (non emer)(231)723-2533
Manistee County Sheriff (non emer) (231) 723-8393
Munson Hospital (231) 398-1000

COMMUNITY SERVICES

Veterans office 231-299-1414
HARA (Homeless Assessment & Resource)
(844) 900-0500
Social Security (866) 495-0075
District Health Dept. #10(231) 723-3595
CHOICES (231) 723-6597
DHHS (Manistee County) (231) 723-8375
Area Agency on Aging (800)442-1713
Dial-A-Ride (231) 723-6525
Five CAP, Inc (231) 723-8327
ECHO His Love (231) 723-6613
United Way (231) 723-2331
Legal Services of Mi (231) 941-0771
American Red Cross (231) 480-9412
Senior Nutrition Program (231) 723-6477
(231) 299-7855

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 March 10 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., March 17 at the Waggoner Community Center. Please call Marcia Holbrook 614-937-4442 for information.

MUSICAL OPPORTUNITY SURVEY RESULTS

Thank you for your participation in the "Musical Opportunities Survey!" We are very excited to see that we have a core group of seniors interested in music and music education. There were 23 respondents to the survey.

1. SHEET MUSIC

What kind of sheet music would you like to see available at the Music Lending Library?

Piano 11 Guitar 8 Ukulele 3 Organ 2 Other 10 (Auto-harp; Violin; Harmonica)

What level of sheet music would you like to borrow?

Beginner 14 Intermediate 7 Advanced 3

What style of sheet music would you like to borrow?

Country 11 Oldies 7 Folk 4 Classical 2 Pop 4 Rock 4 Jazz/Rag-time/Swing 6

Do you have sheet music in EXCELLENT condition that you are willing to donate? Yes 3 No 14

For what instrument? Organ, Piano, Guitar

What music style? Classical, Folk, All

What level of sheet music do you have to donate?

Beginner 4 Intermediate 3 Advanced 0

3. INSTRUMENTS

Do you play an instrument? If yes, what do you play?

Violin, Clarinet, Piano, Guitar, Harmonica

Would you take advantage of a practice room if it was available?

Yes 8 No 6

Do you need an instrument? If yes, what instrument would you like?

No responses

4. OTHER CONSIDERATIONS

Would you be interested in:

Meeting other musicians or being part of an ensemble? Yes 5 No 8

An instrument exchange program? Yes 5 No 8

Music Education Classes? Yes 11 No 5

A CD Lending Library? Yes 12 No 3

Individual or group lessons? Yes 14 No 3

If yes, for what instrument? Piano 7 Guitar 5 Ukulele 1 Organ 1 Other Violin, Harmonica

Group Sings? Yes 11 No 5 Christmas Carols 7 Folk 4 Country 1

Next month we will have more information about how the data in the survey will be used to further opportunities for seniors! We are continuing to collect sheet music donations (piano/organ, brass, wind, strings) especially music reflecting and celebrating the Easter season. Donations can be left in the designated basket in the Music Cove area next to the Book Exchange. Thank you!



Valentine's Day 2022

We held a small get together for Valentine's Day. Lavender Floral made our adorable centerpieces. Everyone had a great time! It was also Marlene's 80th birthday. Isn't she fabulous?

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

