

Senior Moments

MANISTEE COUNTY COUNCIL ON AGING

Meet the Staff



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Executive Assistant



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Asst./Facility Maint.

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Senior Nutrition



Shannon Sullivan
Senior Nutrition

Jean Anderson
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Craig Brown
Steve Fosdick
Ashley Gutowski

News & Notes from Sarah



Hello everyone! I hope you had a wonderful April and you are ready for a beautiful May 2022. May always reminds me of a fresh start. When I hear May showers bring May flowers, I think of washing away the old and beginning anew. I love the spring flowers, especially daffodils in the spring. I am excited about all of the possibilities this year and what spring and summer will bring with them.

May is such a special month to me. We get to remember our moms and tell them thank you for everything that they have done for us. I am very lucky to still have my beautiful mom, Denise, here in my life. Mom, thank you for everything that you do for all of us and for all of the love that you have given to your family. I just hope I am half of the mom and grandma you were in life.

The Manistee County seniors are getting back to a more normal, normal. I am happy to see everyone again and can't wait to get out and about with you for some fun! I have been asked about some Mystery Trips and when they are going to be starting. I hope to do one in June, July, August and September. I will let you know the details soon.

We do have a Detroit Tigers game coming up in June. If you are interested in going to the beautiful Comerica Park to see the Detroit Tigers play the Chicago White Sox, give us a call and get signed up for this fun, exciting trip. The trip includes first class accommodations on a charter bus, a delicious meal at the ballpark and admission to the game. If you have any questions, please give us a call.

This month we have a lot of things

going on that we hope you will enjoy. We have a huge Polka Party on Sunday, May 1st at the Onekama Fairgrounds to celebrate Flo Anderson's 100th birthday. Everyone is welcome to come and have a great time. Tickets are available at the Senior Center.

On Saturday, May 7 from 8:30 a.m. till 3 p.m. we have Rats & Rods Car Party at the Wagoner Community Center. Everyone is invited to come and check out all of the cool cars and trucks. This will be a fun family activity to come out and enjoy.

We have our Senior Spring Craft Show on Saturday, May 14 from 9 a.m. til 3 p.m. at the Wagoner Community Center. Come in and check out all of the wonderful, talented crafters that we have at the Spring Craft Show this year.

We have been working with Manistee Community Kitchen for several months to bring the Manistee Farmer's Market to the Wagoner Community Center. I am excited to let everyone know that it starts on Saturday, May 28. This is a great way to partner with the farmers, the farmers' market and our community to get fresh, healthy fruits and vegetables to our community.

I hope you find something fun to try in our calendar this month. We have been so lucky to keep everyone so busy. We are getting record crowds for some of our exercise programs. I know the Sit and Get Fit had 27 people at it a week ago so if you want to join in on this fun activity, it is Tuesday and Thursday at 10 a.m.

I hope you have a very Happy Mother's Day. Don't forget to try something new!

Sarah

Services

Foot Clinic: Once a month. By appointment only May 26
Blood Pressure Clinic: Wednesdays, 10 am

Senior Food Bank: third Friday Jan - Nov. Next Food Bank: Fri., May 20.

Free Attorney Consultations: 2nd Monday. Next attorney consultations: May 9. 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 Wed of the month. By appt. only

Diabetic Meal Plan: Every other Thurs., 10 a.m.

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

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: Daily, center open 8-4:30.



Joan Crow	5/01
Judy Taylor	5/01
Rita Merkey	5/01
Carol Carlin	5/02
Shirley McNeil	5/02
Pam Schulz	5/02
Michael Slawinski	5/02
Deborah Kelley	5/02
Alice Beatty	5/02
Tammy Libey	5/02
Joyce Stafford	5/02
Marianne Blair	5/03
Carol Ann Briske	5/03
Carol Lucas	5/03
Ward Marsh	5/03
Carl Peterson	5/04
Mary Merkey	5/04
Donna Nelson	5/04
Cindy Peterson	5/04
Pat Thomas	5/05
Julie Wojciechowski	5/05
Stephen Wall	5/05
Beata Hunt	5/05
Mary Wahr	5/06
Cindy Sitz	5/06
Charlene Galvas	5/07
Cheryl Brandis	5/07
Sue Durant	5/07

Frank Lopetrone	5/09
Edsel Woodward	5/09
Greta Sinko	5/10
Del Mikolajczak	5/10
Bethel L Assante	5/11
Gretchen Davies	5/11
Robert Kelly	5/11
Geri Mihalik	5/11
Gerry Haw	5/12
Sharon Hutson	5/12
Nanette Schultz	5/12
Karen McCreery	5/12
Ellen Kuuttila	5/13
Gladys McCarthy	5/13
Judy Nelson	5/13
Patricia Walker	5/13
John Slawinski	5/13
Anita Mohr	5/13
Marge Clement	5/13
Marge Paschka	5/14
Trudy Springer	5/14
Carol Quade	5/14
John March	5/14
Ruth Zupin	5/14
Dennis Fagan	5/14
Mary Gossett	5/15
Barbara Jados	5/15
Paul E. Pothoff	5/15

Gary Morris	5/15
Patricia Lull	5/15
Charles Wilson	5/15
Lenore Adams	5/16
Virginia Kinnan	5/16
Rebecca Seltzer	5/16
Karen McBride	5/16
Debbie Cole	5/17
Lisa Heins	5/17
Carol Sullivan	5/20
Kenneth Adamczak	5/20
Bill Edens	5/20
Jan Jankwietz	5/21
Maureen Jankwietz	5/21
Alicia Petzak	5/21
Peggy Falk	5/21
Roberta Anderson	5/22
Penny LaVasser	5/22
Mary Ann Tuka	5/22
Mike Golosh	5/22
Doris Hodge	5/22
Susan Mackin	5/23
Ken Schulz	5/23
Carla J Hough	5/23
Louie Ketz	5/24
Roger Lemire	5/24
Donna Darrow	5/25
Carol Hite	5/25
Marianne Domako	5/26

Michael Monigold	5/26
Patricia Slawinski	5/26
Amber Ams	5/27
Ronnie Sell	5/27
David Adrianson	5/27
Harriet Adamczak	5/28
Herb Dyer	5/28
Deborah Jacobs	5/28
Darlene Richmond	5/28
Wanda Mallison	5/28
Thomas Gorney	5/29
Kelly Kelley	5/29
Judith Lane	5/29
Patricia Caris	5/29
Ronald Celli	5/30
Jan Tyson	5/30



6 Ways to Eat Well As You Get Older



- 

Know what a healthy plate looks like
See how to build a healthy plate at ChooseMyPlate.gov
- 

Look for important nutrients
Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.
- 

Read nutrition labels
Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.
- 

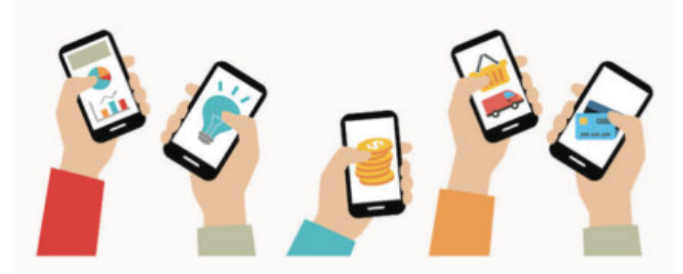
Use recommended servings
Learn the recommended daily servings for adults aged 60+ at heart.org
- 

Stay hydrated
Water is an important nutrient too! Drink fluids consistently throughout the day.
- 

Stretch your food budget
Get help paying for healthy food at BenefitsCheckUp.org/getSNAP

ncoa
National Council on Aging

Technology Class



SMARTPHONE & TABLET BASICS TUESDAY, MAY 10 ~ 1 P.M.

Join Chrissy Streeter from the Manistee County library for a class on Smartphone and Tablet Basics: Learn how to use your iPhone, iPad, Androids and other devices. We will discuss how to change settings, use apps and more. Call the Manistee Senior Center to sign up for this class

723-6477

SLEEP Sleep Education for Everyone Program

Six 1/2 hour Sessions (via Zoom)
Tuesdays, May 24, 31 and June 7, 14, 21, 28
11:30 a.m. - 12 p.m.

Each module includes a short 2-3 minute educational video designed to deliver key concepts. The rest of the time is spent discussing the topics, brainstorming solutions to possible obstacles to improving sleep, and goal setting.

There is no cost for the workshop. The program is supported financially by Michigan State University Extension.

Registration for SLEEP is open. Registration closes at 11:59 p.m. on May 23, 2022. Register online or come to the Wagoner Community Center to take part.

Call the senior center to sign up
723-6477



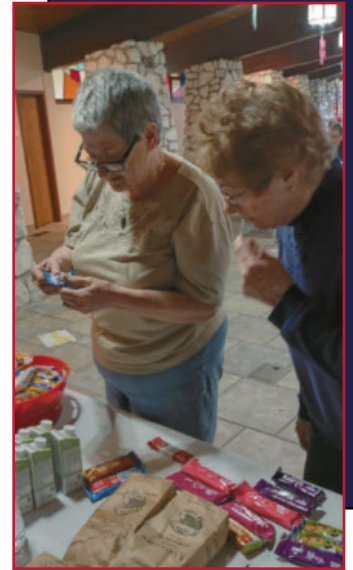
Spring Craft Show

Food/
Concessions
Available

Sat.
May 14
9am-3pm

Wagoner
Community
Center
260 St. Mary's
Parkway
Manistee

Call
723-6477
to reserve
your space



These are just some of the smiling faces we're seeing once again at the senior center. Lorien and his lovely wife have started coming again for lunches and bingo. Lorien turned 99 on Easter Sunday. Phil and his wife Sue are back. Phil is smiling because he turned 90 on Easter Sunday! Nora and Carol look over the goodies set out for bingo.

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



This month: May 11
Call to schedule your appointment.
723-6477

Cards & Coffee

Tues., May 10 ~ 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



Detroit Tigers

Game

Wed., June 15



Tigers vs White Sox

\$125 per person

Must be paid for by May 15

Includes transportation, ticket, hot dog and pop at the stadium. Bus loads in the Manistee Catholic Central parking lot at 6:30 a.m. Leaves at 7 a.m. sharp.

Seats are limited.
 Call the Senior Center
 for more information.

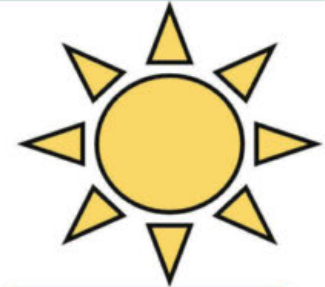
723-6477



Community Luncheon Schedule

Manistee County Council on Aging's Senior Nutrition Program is excited to present our community luncheon schedule. Hot, free meals are available to all Manistee County Seniors with monthly menus printed in Senior Moments. Donations of \$3 per meal are gladly accepted. Visitors and folks under 60 are welcome, with a \$5 fee.

We hope to see you soon at one of the sites. Call 723-6477 x216 for more information



MONDAYS

Farr Center
5283 Main St., Onkama
Serving at 11:15am
Call 889-4690 to RSVP

Wagoner Community Center
260 St. Mary's Pkwy, Manistee
Serving at Noon
Call 723-6477 to RSVP

TUESDAYS

Norman Twp
Community Center
1273 Seaman Rd, Wellston
Serving at 11:30am
Call 299-0330 to RSVP

Wagoner Community Center
260 St. Mary's Pkwy, Manistee
Serving at Noon
Call 723-6477 to RSVP

Pleasant Valley
Community Center
3586 Glovers Lk Rd., Arcadia
Serving at 12:30pm
Call 510-2890 to RSVP

WEDNESDAYS

Farr Center
5283 Main St., Onkama
Serving at 11:15am
Call 889-4690 to RSVP

Wagoner Community Center
260 St. Mary's Pkwy, Manistee
Serving at Noon
Call 723-6477 to RSVP

Marilla Township Hall
9991 Marilla Rd., Marilla
Serving at Noon
Call 231-233-8395 to RSVP

THURSDAYS

Norman Twp
Community Center
1273 Seaman Rd, Wellston
Serving at 11:30am
Call 299-0330 to RSVP

Wagoner Community Center
260 St. Mary's Pkwy, Manistee
Serving at Noon
Call 723-6477 to RSVP

Maple Grove
Community Center
9208 Kauko St, Kaleva
Serving at Noon
Call 299-4484 to RSVP

FRIDAYS

Pleasant Valley
Community Center
3586 Glovers Lk Rd., Arcadia
Serving at 12:30pm
Call 510-2890 to RSVP


Wagoner Community Center
260 St. Mary's Pkwy, Manistee
Serving at Noon
Call 723-6477 to RSVP



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* Holland	* Newaygo	* Hesperia
* Jenison	* Scottville	* Tri Cities
* Fremont	* White Cloud	* Pentwater
* Shelby/Hart		

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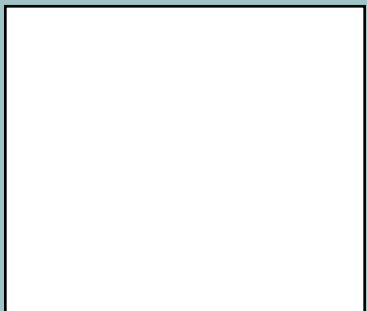
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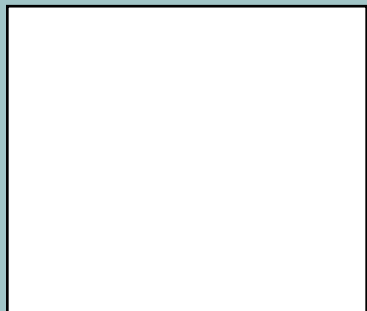
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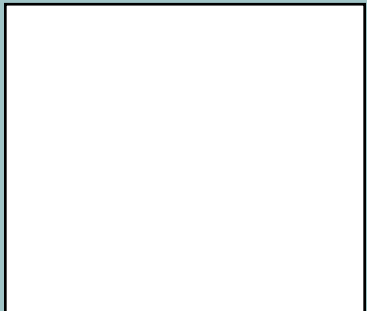
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231-723-7743

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DRIVER SAFETY

AARP Real Possibilities

TAKE THE AARP SMART DRIVER COURSE

Learn research-based safety strategies to help keep you safe while on the road. After taking the course, you may be eligible for a multi-year discount on your car insurance! (Consult your auto insurance agent for details.) An AARP Smart Driver Course will take place at

**Manistee County Council on Aging
(Senior Center)**

August 4 & 5 12:30-4:30 pm

Space is limited, so register now by calling

723-6477

\$20 for AARP members \$25 for non-members (to be paid at the first class)

Participants will need a valid Michigan drivers license,
and your AARP card if you are a member.



Thur. June 30 ~ 11 a.m. - 3 p.m.

Wagoner Community Center/Senior Center

260 St. Mary's Parkway, Manistee

Catered by Jerry Zupin

Music by Virgil Baker & the Just 4 Fun Band

Tickets \$15

Must be purchased in advance

723-6477 for information

Music Cove

Opening this month!

This is a sheet music "lending library" for musicians of all levels and instruments. Please feel free to borrow music and then return it in a few weeks to the crate marked "RETURN MUSIC." If you have music that is in excellent condition you are willing to donate, please leave it in the crate marked "MUSIC DONATIONS." The Music Cove is located next to the Book Exchange.

Resource Center

Information on community arts and music groups is in the display box on the ledge. Check out:

- The Enchanted Forest Exhibition at the Ramsdell Regional Center for the Arts



May 24th – July 9th.

- Tuesday concerts 7 to 9 p.m. First Street Beach Gazebo starting June 21st sponsored by Shoreline Showcase.

If you or your organization has information or fliers to share with MCCOA audience please contact Karen (723-4175).

THINK SPRING FLOWERS... did you know:

- "Tiptoe Through the Tulips" was written in 1929 and revived in 1968 by Tiny Tim
- "Sweet Violets" was written in 1882 for the play "Fritz Along Gypsy" and revived in 1951 by Dinah Shore

Smiles, delivered.



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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Ala king Cauliflower Spring vegetables Blueberries Bread	3 Cabbage rolls Mixed vegs Stewed tomatoes Diced peaches Roll	4 Chicken salad pita Potato salad 3 Bean salad Banana WG pita	5 CINCO DE MAYO Enchiladas Fiesta black beans Steamed corn Applesauce Cinnamon churro	6 Pork chop steak Sweet potatoes Asparagus Cinnamon apple slices Roll
9 Cheese ravioli Wax beans Winter blend veg Sliced peaches Garlic toast	10 Sliced meatloaf Rosemary garlic potatoes Green beans Sliced pears/Biscuit	11 Chicken cordon bleu Squash Redskin mashed potatoes Strawberries/Bread	12 Sweet & sour meatballs Steamed broccoli Root blend veg Pineapple tidbits Roll	13 Tuna noodle casserole Mixed vegs Lima beans Cantaloupe Roll
16 Turkey w/gravy Mashed potatoes Green beans Sliced pears Biscuit	17 Scrambled eggs Sausage Sauteed pepp & onions Diced oven potatoes OJ/ Blueberry muffin	18 Homemade mac & cheese Steamed peas Diced carrots Applesauce/Roll	19 Cheeseburger/bun Baked beans Potato coins Mixed berry fruit cup Cookie	20 Orange chicken Rice pilaf Oriental blend veg Cauliflower Peaches/Roll
23 Fish sandwich on bun Oven diced potatoes Chef blend veg Raisins	24 Chicken Alfredo Steamed broccoli Capri blend veg Pineapple tidbits Biscuit	25 Country fried steak Garlic mashed potatoes Squash Diced pears Roll	26 Italian spaghetti Steamed corn Wax beans Tropical blend fruit Garlic bread	27 Bratwurst on bun Sauteed onions & peppers Seasoned cabbage Mi sweet cherries
30 Memorial Day No meals	31 Homemade hamburger gravy Mashed potatoes Steamed corn Fruit cocktail/Bread			

Project Fresh

Coming soon.

Watch for updates on when the MCOA will bring Project FRESH to your area.

Project FRESH is available to Manistee County seniors, 60 and older who meet the income requirements. Coupons can be used to purchase Michigan grown fruits and vegetables from local participating farm markets. Call for more details.

723-6477



Senior Nutrition Program Mealsites

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

The mealsite at the **Wagoner Community Center** in **Manistee** serves at noon Mon-Fri

The mealsite at the **Norman Twp. Comm. Center** serves at 11:30 Tues & Thurs

The mealsite at the **Farr Center** in Onekama serves at 11:30 Mon. & Wed.

The mealsite at the **Marilla Township Hall** serves at noon Wed

The mealsite at the **Maple Grove Comm Center** in Kaleva serves at noon Thur

The mealsite at the **PVCC** in Arcadia serves 12:30 Tues & Fri
See page 5 for more details

To cancel a meal call (231)723-6477 ext. 216
Reserve meals by noon the day prior
Meals provided by the Manistee Area Public Schools.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9 Tai Chi 12 Lunch 1 Pinochle 1 Mah Jongg 2 Zomba Walking group</p>	<p>3</p> <p>10 Sit & Fit 11 Music w/Sonny 12 Lunch 12:30 Bridge 1 Pinochle 2 Knit/Crochet circle 3:30 Yoga</p>	<p>4</p> <p>9 Tai Chi 10 BP Clinic 10 Tues w/Lou 10:30 TOPS 11 Produce Bingo 12 Lunch 1:30 Genealogy 2 Zomba</p>	<p>5</p> <p>10 Sit & Fit 10 Cribbage 10 Diabetic meal plan 11 Bunco 12 Lunch 1 Chess 3 Yoga 4 Cardio Drum</p>	<p>6</p> <p>9 Tai Chi 10:30 Line Dancing 11 Produce Bingo Arcadia 12 Lunch</p> <hr/> <p>7</p> <p>Rats & Rods Car Party</p>
<p>9</p> <p>Attorney by appt. 9 Tai Chi Mothers Day tribute 12 Lunch 1 Pinochle 1 Mah Jongg 2 Zomba Walking group</p>	<p>10</p> <p>10 Sit & Fit 10 Cards & Coffee 11 Toe Tapping Tues 12 Lunch 12:30 Bridge 1 Tech class 1 Pinochle 2 Knit/Crochet circle 3:30 Yoga Walking group</p>	<p>11</p> <p>9 Tai Chi Chair massage by appt 10 BP Clinic 10:30 Eyeglass clinic 10:30 TOPS 11 Fun Bingo 12 Lunch 1:30 Genealogy 2 Zomba</p>	<p>12</p> <p>10 Sit & Fit 10 Cribbage 11 Bunco 12 Lunch 12:30 Wellston Jammers 1 Chess 3 Yoga 4 Cardio Drum Walking group</p>	<p>13</p> <p>9 Tai Chi 10:30 Line Dancing 12 Lunch Walking group</p> <hr/> <p>14</p> <p>9-3 Spring Craft Show</p>
<p>16</p> <p>9 Tai Chi 12 Lunch 12:30 Veteran Exchange 1 Pinochle 1 Mah Jongg 2 Zomba Walking group</p>	<p>17</p> <p>10 Sit & Fit 11 Music w/Sonny 12 Lunch 12:30 Bridge 1 Pinochle 2 Knit/Crochet circle 3:30 Yoga Walking group</p>	<p>18</p> <p>9 Tai Chi 10 BP Clinic 10 Tunes w/Lou 10:30 TOPS 11 Fun Bingo 12 Lunch 1:30 Genealogy 2 Zomba Walking group</p>	<p>19</p> <p>10 Sit & Fit 10 Cribbage 10 Diabetic meal plan 11 Bunco 12 Lunch 1 Chess 3 Yoga 4 Cardio Drum Walking group</p>	<p>20</p> <p>9 Tai Chi 9-11 Food Bank 10:30 Line Dancing 12 Lunch Walking group</p>
<p>23</p> <p>9 Tai Chi 12 Lunch 1 Pinochle 1 Mah Jongg 2 Zomba Walking group</p>	<p>24</p> <p>10 Sit & Fit 11 Toe Tapping Tues 11:30 Sleep zoom 12 Lunch 12:30 Bridge 1 Popcorn & Movie 1 Pinochle 2 Knit/Crochet circle 3:30 Yoga Walking group</p>	<p>25</p> <p>9 Tai Chi 10 BP Clinic 10:30 TOPS 11 Fun Bingo 11 Produce Bingo Copemish 12 Lunch 1:30 Genealogy 2 Zomba Walking group</p>	<p>26</p> <p>10 Sit & Fit 10 Cribbage 11 Bunco 12 Lunch 12:30 May Birthdays 1 Chess 3 Yoga 4 Cardio Drum Walking group</p>	<p>27</p> <p>9 Tai Chi 10:30 Line Dancing 12 Lunch Walking group</p> <hr/> <p>28</p> <p>Farmers Market</p>
<p>30</p> <p>Memorial Day Senior center closed</p> 	<p>31</p> <p>10 Sit & Fit 11 Music w/Sonny 11:30 Sleep zoom 12 Lunch 12:30 Bridge 1 Pinochle 2 Knit/Crochet circle 3:30 Yoga Walking group</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

www.manisteecountycoa.com

www.facebook.com/ManisteeCountyCouncilOnAging

Produce Bingo



PVCC In Arcadia
 Friday, May 6 11 a.m.

Arcadia and Onkama area seniors. Come play bingo with us. Win fresh produce.
 Pleasant Valley
 Community Center

Copemish Amer. Legion
 Wednesday, May 25 11 a.m.

Copemish & Thompsonville area seniors. Come play bingo with us. Win fresh produce.
 At the Copemish
 American Legion
 Call the senior center
 to sign up
723-6477



Popcorn & a Movie
 At the Vogue Theatre
 Tues., May 24 1 p.m.

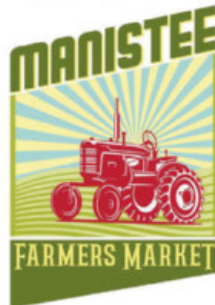
Come join us for a fun afternoon at the Vogue Theatre Call to sign up
723-6477

Tunes With Lou
 Wed., May 18
 10 a.m.

Join us as Lou Thierwechter plays the piano for us, before Produce Bingo
 You're not going to want to miss this!



EVERY SATURDAY MAY 28TH – OCTOBER 1ST



LOCAL. FOOD. ART. LIVE MUSIC.

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 May 12 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., May 19 at the Wagoner Community Center. Please call Marcia Holbrook 614-937-4442 for information.



April Fun at the Senior Center

April was jam packed with fun activities! Cheryl Wolfram helped us out in a most delightful way! She lent her amazing talents to our Tuesday music schedule. What a fun time that was. Sarah took Produce bingo up to Copemish, and the veterans came together for Veterans' Exchange day. Come see what we have in store for May!

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

