

# Senior Moments

MANISTEE COUNTY COUNCIL ON AGING

## Meet the Staff



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*Executive Director*

**Jeanne Barber**  
*Executive Assistant*



**Nancy Fortin**  
*Asst./Facility Maint.*

**Beth Joseph**  
*Senior Nutrition*



**Shannon Sullivan**  
*Senior Nutrition*

**Jean Anderson**  
*RN Med Mgmt.*



**Nanette Cooper**  
*Receptionist*

**Molly Cichy**  
*Bookkeeper*

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**Steve Fosdick**  
**Ashley Gutowski**

## News & Notes from Sarah

Hello everyone, happy June! Our weather has been so beautiful, and it is so nice to see summer here. School is out, and I love hearing and seeing the kids outside enjoying some fun! I am so amazed, sometimes it feels like this is the first summer in a long time. The last couple of years I haven't celebrated or enjoyed summer. As the weather warmed I was anxious to get my yard cleaned up and get the deck ready to actually enjoy and be outside with my family. Here is to a great summer and lots of outdoor time!

Last month was so busy at the Wagoner Community Center. We had the big Polka Party in Onkama, the Rats & Rods Car Party, the Senior Craft Show and the Farmer's Market. I am looking forward to more fun events, but we sure were busy.

This month we have the Tigers game on Wednesday, June 15th. There are still a few seats open if you would like to go and cheer on the Tigers! We also have our Kick Off to the 4th of July party! We have Jerry Zupin doing the cooking and Butch Baker and the Just 4 Fun band playing some great music. Tickets are on sale at the senior center. I hope to see you at the party!

We are starting up our monthly potluck dinners this month. Everyone is welcome to join in. What is better than fellowship, fun and great food? This month's potluck will be on Sunday, June 5th at 1 p.m. at the Senior Center. I will bring a main dish if you want to bring your favorite dish to pass. This has been something I have missed, some of the

best conversations have happened during our potlucks. I hope you give something new a chance and give this a try.

Project FRESH is ready to go! We have the coupons and are going to get them out to our seniors this month. We have dates and times set for disbursement. This is such a wonderful program; the booklets are worth \$25 dollars, so seniors can purchase fresh, Michigan grown fruits and veggies. This program helps our seniors and our local farmers. If you have SNAP benefits you are eligible to get double the money at the farmers market. With the cost of everything right now, this is a program you should join. Just ask about Double Up Bucks.

We are taking Produce Bingo on the road. We will be in Wellston on June 14. Come have some fun! Everyone wins and gets to take some delicious, healthy fruits and vegetables home. Call and get signed up for lunch and bingo. The more the merrier! To join in, you just need to be 60 and over and live in Manistee County. Hope to see you there!

If you or someone you know are 60 years or older, live in Manistee County and in need of assistive devices please give us a call. There is some money available for items that would help people who can't purchase devices due to income or due to insurance not covering the items. Some of the devices such as hearing aids, wheelchairs, scooters, grab bars and many more items may help you live a better life. Give us a call for more information to see if you can qualify.

I would like to wish all of the Dads, Grandpas, Great Grandpas and Uncles a very Happy Father's Day!

I hope you have a wonderful June, and remember to try something new!



## Services

**Blood Pressure Clinic:** Wednesdays, 10 am

**Senior Food Bank:** Third Friday Jan - Nov. Next Food Bank: Fri., June 17.

**Free Attorney Consultations:** 2nd Monday. Next attorney consultations: June 13. By appointment only.

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

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

**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:** Chair yoga Tues., 3:30 p.m.

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



Margaret Cooley 6/01  
Lorna Smith 6/01  
Ramona DeGeorgio-Venegas 6/01  
Rita Edmondson 6/02  
Joy Bolen 6/03  
Allen Garber 6/03  
Bev Kawalic 6/03  
Sharon Nottingham 6/03  
Joyce B Polen 6/03  
Ruby Bergstrom 6/04  
Larry Golembiewski 6/04  
Gary Block 6/04  
Sharon Anderson 6/04  
Janis Crabb 6/05  
Lynise Hensel 6/05  
Dorothy Revolt 6/05  
Bart Dean 6/05  
Susan Baker 6/6  
Beatrice Chellis 6/6  
Phyllis Greve 6/6  
Onalee Ruddy 6/6  
Joyce Copeland 6/6  
Laurie Macpherson 6/6  
Nancy Catlett 6/6  
Char DuFresne 6/6  
Carol A Danison 6/07  
Judy Eaton 6/07

Kenneth Fortin 6/07  
Deb Wiltse 6/08  
Joanne Cotugno 6/08  
Pete Russell 6/09  
Judith Skocelas 6/09  
Catherine Nelson 6/09  
Harlan Kott 6/10  
Carmen Luedke 6/10  
Donna Capps 6/10  
William Baranek 6/10  
Dawn Bower 6/11  
Carolyn Kosiboski 6/11  
Jean Maloney 6/11  
Beverly Reed 6/11  
Brenda Gunther 6/11  
Karen Bruchan 6/12  
Merry McLinden 6/12  
Karen Kolk 6/12  
Josephine Durkatz 6/12  
Alice L Clark 6/13  
Stephanie Swanson 6/13  
Jean Gable 6/14  
Rosemary Maue 6/14  
Jeanette Maue 6/14  
Irene R Olson 6/15  
Barbara Randow 6/15  
Wayne Zimmerman 6/15  
Elizabeth Robb 6/15

Robert Hafer 6/16  
Sandy Pelarski 6/16  
Jean Rakoczy 6/16  
Ruth Belic 6/17  
Tom Culbert 6/17  
John Millard 6/17  
Lorraine Adamski 6/18  
Mick Szymanski 6/18  
Ron Zawacki 6/18  
Bruce Fredrickson 6/18  
Greg Nelson 6/18  
Joyce Radke 6/19  
Linda DeVries 6/21  
Marylou Ursum 6/21  
James Kimball 6/23  
Eloise Jepsen 6/24  
Margorie Morang 6/25  
Karen Reed 6/25  
Kathleen Jankowski 6/25  
Mary Myers 6/25  
Peggy Green 6/26  
Grace Ratliff 6/26  
Libby Zilke 6/26  
Anne Pinkerton 6/26  
Evelyn (Gay) Cooper 6/27  
Linda Shively 6/27  
Julie Finan 6/28  
Mickey Beuhler 6/28

Betty Merriman 6/28  
Patty Raspotnik 6/29  
Jennifer Engstrom 6/29  
Wayne Morrison 6/29  
Craig Brandenburg 6/29  
Joyce Anderson 6/30  
Don Falkenstein 6/30  
Bev Saylor 6/30



## Salmon Trolling Fly Tying Presentation



Join us on

**Friday, June 24**

11 a.m.

as Chris Ingalls from Tangled Tackle  
Tours brings a presentation on  
Salmon Trolling Fly Tying  
Wagoner Community Center  
260 St. Mary's Parkway.  
Open to the public

## Technology Class



**SMARTPHONE & TABLET Q & A  
TUESDAY, JUNE 7 ~ 1 P.M.**

Join Chrissy Streeter from the Manistee County  
library for a Q&A session on Smartphone and  
Tablets

Call the Manistee Senior Center  
to sign up for this class

**723-6477**

We will be taking a bus from the Wagoner  
Community Center, to Wellston, to have  
lunch and listen to the WELLSTON JAMMERS  
on THURS., JUNE 9.

Call the senior center to sign up, or for more  
info. 723-6477



## CONTAINER GARDENING CLASS

Thurs., June 16 1 p.m.

at Weesie's Brothers Garden Center  
We'll be taking the Dial A Ride from  
the senior center.

Come enjoy a fun floral project.  
Be sure to call and register so we'll  
have enough materials to go around.

**723-6477**



## 4<sup>th</sup> of July Kickoff Party

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

**Wagoner Community Center/Senior Center**

260 St. Mary's Parkway, Manistee

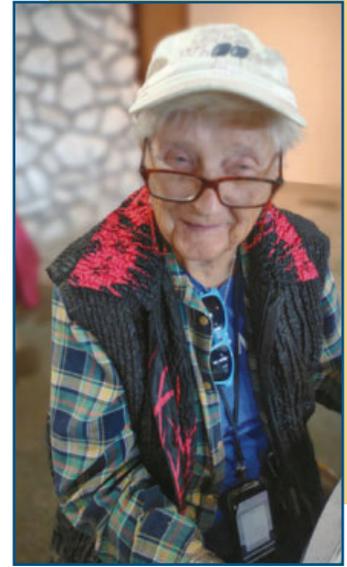
**Catered by Jerry Zupin**

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

**Tickets \$15**

**Must be purchased in advance**

723-6477 for information



Flo turned 100 last month, what a 4 star occasion that was! Our friend Marla got quite the surprise as her daughter showed up to call bingo one Wednesday! That was fun. And our snowbirds are slowly returning.. Kay has found her way home from Arizona. We're so happy to see her smiling face again!!



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

**This month: June 8**



## Cards & Coffee

Tues., June 14 ~ 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



### 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 June 9 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., June 16 at the Wagoner Community Center. Please call Marcia Holbrook 614-937-4442 for information.

**Did you know that keeping your sodium intake under 2,300 mg per day is one of the best ways to keep your heart healthy?**

*Did you also know that the Senior Nutrition Program meals have no added salt in their menu items?*

Eating Senior Meals is a great way to ensure that you are getting a well-balanced, healthy meal on a regular basis.

If you have a hard time getting out of the house and to the store and cooking healthy meals for yourself, you may qualify for Meals on Wheels with up to 7 days of meals each week, delivered to your home. Don't let your health or accessibility to food keep you from eating healthy.

If you can get out of the house, but still have trouble cooking well for yourself, please join us for any of the thirteen Senior Luncheons weekly around the county at six locations. It is a great way to socialize and get a healthy meal that will help you avoid long-term health issues. See the menu page for locations and times.

**Call 723-6477 x216 today!**

Calculate how much sodium you are getting in pre-packaged and restaurant food and consider switching to Senior Meals!

Food	Sodium Range (in milligrams)
1 slice white bread	80-230
3 oz turkey breast, deli or prepackaged luncheon meat	450-1,050
4 oz slice frozen pizza, plain cheese, regular crust	370-730
4 oz slice restaurant pizza, plain cheese, regular crust	510-760
4 oz boneless, skinless chicken breast, fresh	40-330
3 oz chicken strips, restaurant, breaded	430-900
3 oz chicken nuggets, frozen, breaded	200-570
1 cup chicken noodle soup, canned, prepared	100-940
1 corn dog, regular	350-620
1 cheeseburger, fast food restaurant	710-1,690
1 oz slice American cheese, processed (packaged or deli)	330-460
1 cup canned pasta with meat sauce	530-980
5 oz pork with barbecue sauce (packaged)	600-1,120
1 oz potato chips, plain	50-200



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

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# NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed  
to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)



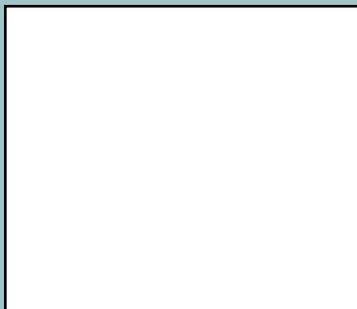
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### Manistee

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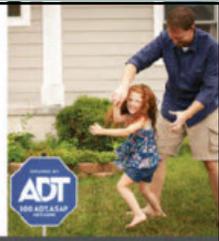


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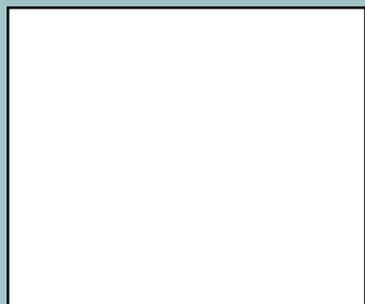
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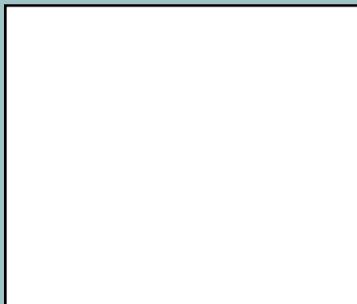
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## MYSTERY TRIP

### Thur., June 23

\$50/person

Sign up at the Senior Center  
or call 723-6477

# Sip & Stroke Painting Party

Paint Mistress Lisa Kennedy with the Sip and Stroke Painting Party will present a fun painting class at the Wagoner Community Center on

Friday, June 10

1 pm ~ \$25

Be sure to bring a drink so you can toast throughout the class!

Call for more details  
and to sign up.

723-6477



## Music Cove

Music Lending Library is a place for musicians to browse a selection of music for Piano/organ, Brass, Wind and Strings which can be borrowed for a few weeks. Donations of usable music can be left in the Donation basket.

We are OPEN! Check out the music we currently have available for clarinet, guitar, harmonica, solo piano & 4 hand as well as organ and ukelele. New donations of music can be left in the "Donation Basket." Returned music in the "Returned" basket.

Resource Center is available for MCOA and community arts and music groups to share information on upcoming concerts and events. If you have information you would like to share contact Karen at the Senior Center. Here are a few opportunities to consider:

- Community Choir & Band - Ryan Billar 231-299-5493 or manisteecommunityband@gmail.com



- Arts & Culture Alliance of Manistee County: [www.allartsmanistee.com](http://www.allartsmanistee.com)
  - Ramsdell Enchanted Forest Exhibition May 24th - July 9th
  - Shoreline Showcase concerts at 1st Street Gazebo starting June 21st 7 - 9p.m.
- Think June Blooms!**

- Buy Me a Rose* by Jim Funk & Erik Hickenlooper. Released by Kenny Rogers 1999 "She Rides Wild Horses" album.

- Red Roses for a Blue Lady* is a 1948 song by Sid Tepper & Roy C. Bennett (alias Roy Brodsky). It rose to #2 on the weekly "Your Hit Parade" radio survey in 1949.

## Senior Project FRESH

The Manistee County Council on Aging will be distributing Project FRESH coupons throughout the county during the month of June

### Arcadia PVCC

Fri., June 3 12 - 1pm

### Onekama Farr Center

Mon., June 6 11 a.m. - 12:30 p.m.

### Bear Lake United Methodist Church

June 6 1-2 p.m.

### Century Terrace

Mon., June 13  
9-10 a.m.

### Harborview Apts

Mon June 13  
10:30-11:30 a.m.

### Norman Twp Comm Center, Wellston

Tues., June 14 12-1 p.m.

### Maple Grove Comm Center

Thurs., June 16  
11 a.m.-12:30

### Manistee Senior Center

Fri., June 17 8:30-11 a.m.

### Copemish American Legion

Wed., June 22 10 a.m

### Marilla Township Hall

Wed., June 22 12 p.m.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Shredded pork BBQ Baked beans Asparagus Applesauce WG bun	<b>2</b> Sweet/sour chicken Rice pilaf Oriental blend veg Brussel sprouts Pineapple Roll	<b>3</b> Turkey & cheese pita 3-Bean salad Potato salad Fresh cantaloupe Pita bread
<b>6</b> Lemon pepper fish fillet Mixed vegetabes Diced carrots Sliced pears Roll	<b>7</b> Swedish meatballs Mashed potatoes Green beans Blueberries Roll	<b>8</b> Oven baked ham Scalloped potatoes Wax beans Cinnamon apple slices Bread	<b>9</b> Sloppy Joe w/bun Garden blend veg Oven diced potatoes Strawberries	<b>10</b> Chicken fajita Sliced peppers/onions Fiesta beans Fruit cocktail Tortilla shell
<b>13</b> Goulash Steamed corn Capri blend veg Diced peaches Garlic toast	<b>14</b> Chicken tenders Rosemary garlic potatoes Winter blend veg Applesauce/ Roll	<b>15</b> Spanish rice w/hamburger Refried beans Stewed tomatoes Mixed berry fruit cup Bread	<b>16</b> BBQ chicken Sliced carrots Broccoli Banana Roll	<b>17</b> Ham & cheese croissant Potato coins Brussel sprouts Diced peaches
<b>20</b> Salisbury steak Garlic mashed potatoes Steamed peas Pineapple tidbits Roll	<b>21</b> Cod nuggets Rice pilaf Lima beans Hubbard squash Sliced pears/Roll	<b>22</b> Sausage egg & cheese muffin Peppers/Onions Oven diced potatoes OJ/English muffin	<b>23</b> Italian spaghetti Key Largo veg Green beans Sliced peaches Garlic bread	<b>24</b> Marinated chicken breast Cali blend veg Cabbage Applesauce/Roll
<b>27</b> Toasted cheese Tomato soup Mixed vegetables Fruit cocktail Bread	<b>28</b> Smoked sausage w/bun Cheese potatoes Asparagus Cinn apple slices	<b>29</b> Cabbage rolls Spinach Stewed tomatoes Diced pears Roll	<b>30</b> Not MCCOA mealsite Roasted turkey Stuffing Sweet potatoes Steamed corn Cranberry sauce/Roll	

## 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 Onokama 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.



**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**

\$30 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.

# 10 JUNE 2022 ~ CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 10 BP Clinic 10:30 TOPS 11 Produce Bingo 12 Lunch	<b>2</b> 10 Sit & Fit 10 Cribbage 10 Diabetic meal plan 12 Lunch 1 Chess	<b>3</b> 11 Produce Bingo Arcadia 12 Lunch 12 Proj Fresh Arcadia 1 Ladies Pampering Day <hr/> <b>5</b> 1 Sunday Potluck dinner
<b>6</b> Attorney by appt. 11 Proj Fresh Onekama 12 Lunch 1 Proj Fresh Bear Lk 1 Pinochle 1 Mah Jongg	<b>7</b> 10 Sit & Fit 11 Toe Tapping Tues 12 Lunch 12:30 Bridge 1 Tech class 1 Pinochle 2 Knit/Crochet circle 3:30 Chair Yoga	<b>8</b> Chair massage by appt 10 BP Clinic 10:30 Eyeglass clinic 10:30 TOPS 11 Fun Bingo 11 Celebrate our June Birthdays 12 Lunch	<b>9</b> 10 Sit & Fit 10 Cribbage 12 Lunch 12:30 Jammers (in Wellston) 1 Chess	<b>10</b> 12 Lunch 1 Sip & Stroke Painting Party
<b>13</b> 9 Proj Fresh Century Terrace 10:30 Proj Fresh Harborview 12 Lunch 1 Pinochle 1 Mah Jongg	<b>14</b> 10 Sit & Fit 10 Produce bingo Wellston 10 Cards & Coffee 11 Music w/Sonny 12 Lunch 12 Proj Fresh Wellston 12:30 Bridge 1 Pinochle 2 Knit/Crochet circle 3:30 Chair Yoga	<b>15</b> 10 BP Clinic 10 Tunes w/Lou 10:30 TOPS 11 Fun Bingo 12 Lunch	<b>16</b> 10 Sit & Fit 10 Cribbage 10 Diabetic meal plan 11 Proj Fresh Kaleva 12 Lunch 1 Weesie's project 1 Chess	<b>17</b> 8:30 Proj Fresh MCOA 9-11 Food Bank 12 Lunch
<b>20</b> 12 Lunch 12:30 Veteran Exchange 1 Pinochle 1 Mah Jongg	<b>21</b> 10 Sit & Fit 11 Toe Tapping Tues 12 Lunch 12:30 Bridge 1 Popcorn & Movie 1 Pinochle 2 Knit/Crochet circle 3:30 Chair Yoga	<b>22</b> 10 BP Clinic 10:30 TOPS 11 Fun Bingo 10 Proj Fresh Copemish 11 Produce Bingo Copemish 12 Lunch 12 Proj Fresh Marilla	<b>23</b> 9 Mystery Trip 10 Sit & Fit 10 Cribbage 12 Lunch 1 Chess	<b>24</b> 11 Salmon Trolling Fly Tying class 12 Lunch
<b>27</b> 12 Lunch 1 Pinochle 1 Mah Jongg	<b>28</b> 10 Sit & Fit 11 Music w/Sonny 12 Lunch 12:30 Bridge 1 Pinochle 2 Knit/Crochet circle 3:30 Chair Yoga	<b>29</b> 10 BP Clinic 10:30 TOPS 11 Fun Bingo 12 Lunch	<b>30</b> 11 4th of July Kickoff Party  All activities cancelled	

**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](http://www.manisteecountycoa.com)

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

## Produce Bingo



### PVCC In Arcadia Fri, June 3 11 a.m.

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

### Norman Twp. Hall Wed, June 22 11 a.m.

Wellston area seniors. Come play bingo with us. Win fresh produce.  
 At the Norman Township Hall

### Copemish Amer. Legion Wed, June 22 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., June 21 1 p.m.

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

### Tunes With Lou Wed., June 15 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 29<sup>TH</sup> - OCTOBER 1<sup>ST</sup>



**LOCAL, FOOD, ART, LIVE MUSIC.**



### Ladies' Pampering Day

Fri., June 3 - 1 p.m.

Join us at the Wagoner Community Center for an afternoon of pampering, including facials targeted to your skin type, Satin Hand treatments, and perhaps even a touch of color! Call the senior center to sign up. Be sure to let us know what color your beautiful eyes are!

**723-6477**

## 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



### May Fun at the Senior Center

We had lots of fun in May at the senior center. The Rats and Rods Car Party was a great success! We had a fun craft show, and we even learned things in May! Chrissy Streeter from the library came and taught a class on smartphones and tablets. Folks can't wait til her next class! Do you remember how much fun last year's Kickoff to the 4th of July party was? Get your dancin' shoes out, 'cuz we're doing it again this month!! June 30. Don't forget to get your tickets!

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

