



**Christmas Day Dinner Hosted by
Alma Elks
610 W. Warwick Dr., Alma
989-463-1400**

A Christmas Day Dinner will be served through the generosity of the Alma Elks Lodge #1400 on Christmas Day from noon until 3:00 p.m.

This ham dinner is open to anyone in the community who would like a hot meal, has no place to go on Christmas day, or who wants to share this day with others. We welcome everyone!

The meal will be free of charge, but donations will be accepted. The menu will be ham, mashed potatoes & gravy, vegetable, roll and dessert.

It is necessary to call in advance to make your **reservation**. Please call the *Elks Lodge at 989.463.1400* by December 20th.

It is not necessary to come right at noon, as dinner will be served until 3:00 p.m. Delivery is available for homebound people. Please give your address when you call your reservation in.

Thank you, Alma Elks members, for providing this wonderful community dinner!

SENIOR GRATIOT, INC
515 S. Pine River
Ithaca MI 48847
989.875.5246
Change Service Requested

December 2022
Volume XLVII
Number 12

SENIOR GRATIOT

Published by Senior Gratiot, Inc. A non-profit organization, in cooperation with Gratiot Commission on Aging
Website: www.gratiotmi.com/171/Commission-on-Aging

NON-PROFIT ORGANIZATION
US POSTAGE PAID
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ITHACA MI

Happy Holidays!

**Commission on
Aging will be
closed on the
following dates for
the holiday season.**

December 23 & 26

**December 30 &
January 2**



Home Delivered Meal Deliveries

Winter weather has arrived and, along with it, the possibility of poor driving conditions. The Home Delivered Meal program does its best to get meals out to all our clients, however, there are times that it is not possible due to the weather. Also, when HDM delivery is stopped, the Food with Friends sites are also closed.

If the HDM program is unable to deliver due to weather conditions, an announcement is put on the local television stations. This announcement runs across the bottom of the screen with any school closings for the day.

Most times, the Commission on Aging office will remain open, so if you are not sure if the meals will be delivered, feel free to contact the office at 989-875-5246.



Snow Removal Service

Winter has arrived and snow is falling. The Commission on Aging's Home Chore department is ready to assist the seniors of Gratiot County with shoveling the snow.

Dan and the crew use walk behind snow blowers and shovels to clean your sidewalks, driveways and porches. Unfortunately, they are not able to clean long driveways.

All you need to do to take advantage of this service is call the COA office, 989-875-5246, on the day you need the snow cleared. Your name will be added to the list for that day. You **must call each time** you need the snow removed as snowfall amounts can differ across the county. There is no charge for this service, however donations are accepted and will help cover the costs of the program to keep it running. Every effort is made to complete the requests daily so don't forget to call.



Like Gratiot County Commission on Aging
On Facebook & Twitter



Senior Gratiot Subscription/Donation

Please check: New Subscription _____ Renewal _____ Change of Address _____

Temporarily Away _____ Stop Date: _____ Restart Date: _____

Name: _____

Address: _____

City: _____ Zip: _____

Phone Number: _____ DOB: _____

Temporarily Away Address (use only if wish to receive the paper while away)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Donation: \$10.00 _____ \$15.00 _____ \$20.00 _____ Other _____

In Memory of _____

In Honor of: _____

Please make checks payable to *Senior Gratiot Newspaper* and submit to:

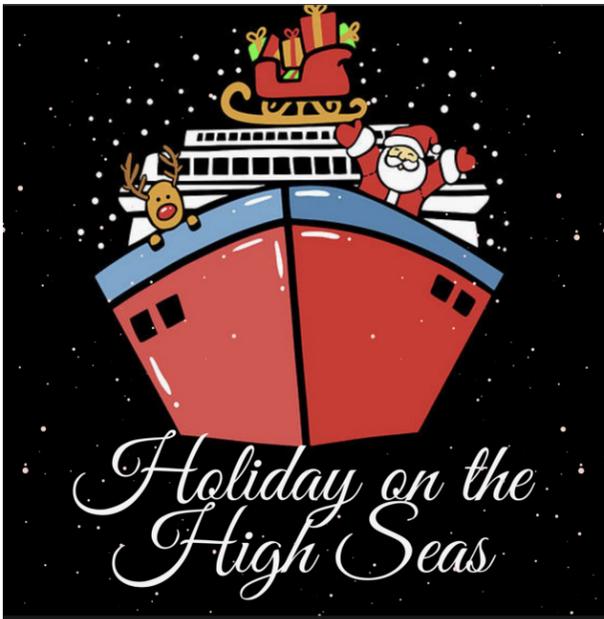
Senior Gratiot Newspaper
515 S. Pine River St.
Ithaca, MI 48847

The **Senior Gratiot, Inc.** organization is operated exclusively for charitable purposes, within the meaning of Section 501 (c)(3) of the Internal Revenue Code to encourage and assist with the provision of programs and services for older adults in Gratiot County operated in cooperation with the Gratiot County Commission on Aging.

Suggested contribution to Senior Gratiot: **\$20.00** per year helps to cover the costs of producing and mailing the paper. A great way to remember when to send your donation is to send it on your birthday each year.

Address Changes: Senior Gratiot is mailed under a nonprofit automated mail rate and will not be forwarded with a notice to the post office.

Please notify the COA office using the form at the left each time you request a change to assure we record changes correctly. Thank you. Your assistance with this helps to keep the costs down.



Welcome Bus Trip Explorers!

Holiday on the High Seas

Friday, Dec. 9, 2022

\$98.00

Departure 11:00 am

Commission on Aging

515 S Pine River St, Ithaca

We will be traveling to Genitti's Hole in the Wall Dinner Theater, Northville to enjoy an Italian dinner and great show. This is a new interactive comedy for the holidays. Upon arrival, we will enjoy a seven course family-style Italian dinner served on platters right to the table: Italian wedding soup, bread sticks, Genitti's white pasta, Antipasto salad with Italian Vinaigrette, baked chicken with vegetables, Italian steak with oven-roasted potatoes, Italian sausage with green peppers and onions, and Cannoli for dessert!

The trip includes transportation, lunch, dinner show and all tips and gratuities. Please call Gratiot County Commission on Aging (COA) to make your reservation, 989-875-5246. Payment is due with your reservation. We are only able to accept cash or check at this time. Due to the short time frame, you may also come into COA to make your reservation and payment.

Checks made payable to:

Gratiot Community Senior Center

Reminder: Departure from COA

515 S Pine River St, Ithaca

11:00 am Sharp

Return by 6:00 pm



Senior Activity Building

December 2022

Ithaca Food with Friends

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8-10 EVERYDAY SAB Coffee & Conversation with Linda St. Charles 10:00 EVERYDAY Visits, news, games, & activities 12:00 Monday, Wednesday, Friday Food with Friends Meal, Call 989-875-2135 to make your reservation</p>			<p>1 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling Put up and decorate our Christmas tree</p>	<p>2 8-10 SAB Coffee 11:30 Blood Pressure checks 12:00 Food with Friends Meal Celebrate 29 years in our SAB today!</p>
<p>5 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Cards</p>	<p>6 8-10 SAB Coffee 10:00 EZ Motion 1:00 Painting Class with Shirley</p>	<p>7 8-10 SAB Coffee 10:00 Knitting group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Cornhole</p>	<p>8 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling</p>	<p>9 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Cards</p>
<p>12 8-10 SAB Coffee 12:00 Food with Friends Meal 12:30 Bingo prizes by Schnepps 2:00 Just for Fun Dulcimer Club</p>	<p>13 8-10 SAB Coffee 10:00 EZ Motion 12:45 Cards 7:00VFW Post #7805</p>	<p>14 8-10 SAB Coffee 10:00 Knitting group 11:30 Piano music by Al Bartholomew 12:00 Food with Friends Meal Meal followed by more carol singing</p>	<p>15 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling</p>	<p>16 8-10 SAB Coffee 11:00 Music by Two Outlaws and a Cowboy 12:00 Food with Friends Meal More Cowboy music!</p>
<p>19 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Cards</p>	<p>20 8-10 SAB Coffee 10:00 EZ Motion 1:15 SAB Board meeting</p>	<p>21 8-10 SAB Coffee 10:00 Knitting group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Cornhole 7:00 A-Tractive Tractor Club</p>	<p>22 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling</p>	<p>23 Closed </p>
<p>26 Closed </p>	<p>27 8-10 SAB Coffee 10:00 EZ Motion 11:00 Cornhole</p>	<p>28 8-10 SAB Coffee 10:00 Knitting group 12:00 Food with Friends Meal Raising Cane!! 12:45 Dominoes 1:00 Cornhole</p>	<p>29 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling</p>	<p>30 Closed </p>

Senior Activity Building & Food with Friends News & Information

By Jo Jones, Site Manager

The holidays in December are filled with the sound of music! To prepare for the busy holiday season, come help us put up and decorate the Christmas tree on December 1st. Linda St. Charles will have already created a whole new look for December before we do our part. Each month Linda totally redecorates our building.

On the first Friday, December 2nd, we will celebrate being in the Senior Activity Building for 29 years as a Food with Friends site. We will have an all day Open House for the community so be sure to stop by!

You will need to call ahead to reserve a spot on December 6th to enjoy Shirley Frederick's painting class from 1:00-3:00 pm. The \$20.00 payment for class is due before the 6th. More information about this class can be found in a related article on page 4.

Please plan to enjoy the music that is scheduled during December. We welcome the Dulcimers on Monday, December 12th at 2:00 pm, and Al Bartholomew at the piano on December 14th at 11:30. Following the special Food with Friends Holiday

meal, Al will lead us in carol singing. Then on Friday, December 16th, we will welcome back our Cowboy friends from Midland. They will entertain us at 11:00 am and for a while after our Food with Friends meal. Please call to reserve your spot for the great meals, 989-875-2135.

Pickleball will be back in May 2023. There will be scheduled lessons listed in the April 2023 Senior Gratiot newspaper. Thanks to Larry Ringle and Cleo Flegel for being the volunteer caretakers of the nets and the courts before the snow arrives. Also, they have used their skill to put together all four donated benches that are just outside the courts. These benches will provide a welcome place for the cheerleaders and spectators or walkers who just want a rest.



You will see that every morning from 8:00-10:00 am the Senior Activity Building (SAB) coffee and conversation happens. You will be welcomed by Linda St.

Charles and other seniors whenever you stop in to find a seat at the table. Stay a few minutes or two hours.

When you look again at the calendar you will find that EZ Motion exercise starts at 10:00 on Tuesdays and Thursdays. Dominoes are played at 12:45 most Wednesdays. After our Food with Friends meal, we will compete at cornhole at 1:00 pm, except the 14th. Thursdays we have Wii Bowling at 11:00 after EZ Motion.

Cards will be on Friday, December 9th and Mondays, December 5th and 19th. Please call if you are coming to participate. If you would like to have your blood pressure checked, Joyce Raycraft will help you on Friday, December 2nd.

Bingo is scheduled on December 12th at 12:30 pm. Schnepp Health Care will offer prizes.

Gratiot VFW Post #7805 will meet at the SAB on December 13th at 7:00 pm. The A-Tractive Tractor Club meets at 7:00 pm. on December 21st.

The Senior Activity Building Board meets on the third Tuesday of the month at the SAB. This month's meeting is December 20th at 1:15 pm. The Class of 2025 Board members elected in October are Cleo Flegel, Marita Harkness, Joyce Raycraft, and Mary Sullivan. Be sure to check the calendar at the SAB since there

may be changes as we go through our tenth month back full time! It is our hope to add more of your favorite activities. Suggestions are always welcome! Masks are no longer required, but may be worn for your comfort.

Food with Friends and the SAB's phone number is 989-875-2135. Feel free to call to check on updates about a scheduled event. Always call ahead of time to make your reservation for your Food with Friends meal. We look forward to your call and to welcoming you!

May you enjoy Happy, Healthy Holidays with your family and friends and may they be Merry!

Senior Activity Building Donors

Thank you for the gifts received by the Senior Activity Building from October 10 through November 12, 2022.

Thank you to all of our volunteers, named and unnamed, who take care of our Building.

Gifts In Gratitude to SAB

Jo Jones
Wayne & Minnie Freed

Memorials

Bob Anderson
Jack & Betty Hunnicutt

Bruce Shinabarger
Darvis & Pam LaVoy

David Davis
Darvis & Pam LaVoy

JoAnn Williams
Darvis & Pam LaVoy

Kevyn Godley
Darvis & Pam LaVoy

Wayne Mills
Darvis & Pam LaVoy

Pickleball Court

Roger & Kristi Cook
Gratiot County Community
Foundation

GRATIOT COUNTY COMMUNITY FOUNDATION SENIOR ACTIVITY BUILDING AGENCY ACCOUNT gifts received:

Mary Humm

Alma College Holiday Concert

Celebrate the beginning of the holiday season with the Festival of Carols, presented by the Alma College Choirs and Chamber Orchestra. This is a family-friendly event of traditional Christmas carols and holiday favorites. Tickets are \$15 for adults, \$7 for seniors 62+ and children up to 18 years old. There are two concerts:

December 3, 7:00 pm
December 4, 2:00 pm

The concerts will be held on the Alma College campus at Remick Heritage Center, Presbyterian Hall.



Gratiot Animals in Need (GAIN)

A local non-profit, Gratiot Animals in Need (GAIN), offers a variety of resources to Gratiot County pet owners. Office hours for December through February are Tuesdays only, from 2:00-4:00 pm. Please leave a message if no one answers at 989-875-2286.

♥ **Pet Food Pantry:** This is for low income/senior citizen pet owners in Gratiot County. The pantry is intended to lend an *occasional* helping hand during times of great need or emergencies. Our donations and supplies do not allow us to give out food every month to the same individuals. We encourage people who can afford to purchase pet food to not request a donation from us as it limits what we have to help others. The pantry operates solely on donations and supplies are limited. The pantry is located at Ways of the West, 1696 W Monroe (M-46) between Alma and St. Louis. Hours of operation: Tuesday, 2:00-5:00 pm and Thursdays, 3:00-5:00 pm. Hours are subject to change as we do not have paid employees, only volunteers. You can call 989-681-5993 to confirm hours. Donations of money, pet food, or pop cans are gratefully accepted at this location as well.

Social Security Benefit Increase

The Social Security Administration has announced an increase of 8.7% in the Social Security and Supplemental Security Income (SSI) benefits for 2023.

The 8.7% cost of living adjustment (COLA) will begin with benefits payable January 2023. Increased payments to SSI beneficiaries will begin on December 30, 2022. (Note: some people receive both Social Security and SSI benefits). Social Security and SSI beneficiaries are normally notified by mail starting in early December about their new benefit amount.

Information from www.ssa.gov

Acrylic Painting Class Important Changes!

Shirley Frederick, Instructor

Are you interested in expanding your creativity? Or, maybe you don't know if you have any creativity and want to find out. Please join instructor Shirley Frederick from the Alma Community Art Center at the Senior Activity Building, 1011 E. North St., Ithaca for an acrylic painting class. This is a fun class that will allow you to learn the basics of acrylic painting and take home a beautiful creation at the end of class. If this sounds interesting, please call **989-875-2135** to **register as reservations are required**. Classes are the first Tuesday of the month and run from 1:00-3:00 p.m. Cost for the class is **\$20.00, which must be paid in advance**, and includes all supplies and instruction. We are pleased to have Shirley share her talents with us. Please call 989-875-2135 to make your reservation. See you there!



Gratiot Community Personal Needs Pantry

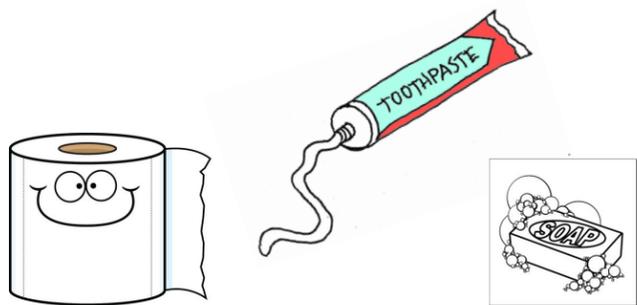
The residents of Gratiot County are continuing to be served by the Gratiot Community Personal Needs Pantry with supplemental personal care items which cannot be purchased with a Bridge/SNAP card during this difficult time. The pantry is able to provide a pre-packed bag containing 4 rolls of toilet paper, a tube of toothpaste, dish soap, 2 bars of soap, laundry soap and other items, if available, upon request. These items are available thanks to the generous donations received from individuals, churches, and non profit organizations.

The Personal Needs Pantry is open to all Gratiot County residents. A client may use the pantry every 28 days and will need to present identification when they come. Please come to the rear of the church and remain in your vehicle. A volunteer will meet you and provide you with your bag of items.

Location: St. Louis 1st United Methodist Church
116 S. Franklin St., St. Louis
(Next to the 7-Eleven)

When: Every Thursday
12:00-1:30 p.m. and
5:00-6:30 p.m.

A big thank you goes out to the volunteers of the community for their dedication to the pantry. If you have any questions, please contact the church at 989-681-3320.



Foster Grandparent and Senior Companion Programs

Do you want to make a difference in an older adult or child's life?

Do you live on a limited income and need some extra money?

If so, then we need you to be a Foster Grandparent or Senior Companion Volunteer.

Benefits: \$3.00 an hour non-tax stipend (will not affect social security, subsidized housing etc.), mileage reimbursement and a meal during service hours, training, PTO, and holiday pay.

Must be: 55 and older, meet income guidelines, available to volunteer 15-20 hours per week and pass background checks.

Serving: Clare, Gratiot and Isabella Counties

Please contact: Brandi, Jodi, or Anne at (989) 772-0748



November 2022 Prep Team Volunteer Thank You!

These 12 COA volunteers devoted 21 hours to prepare the November 2022 issue of the Senior Gratiot Newspaper for mailing.

Lisa Skaryd, Ruthie Malek, Nancy Crispin, Helen Hoard, Linda Cox, Carol Reeves, Betty Reeves, Ellen Martin, Cheryl Wiseman, Sally Martin, Carole Moore, and Francine Throop

Thank you very much!



Michigan Mental Health

If you are struggling with mental health issues, please call

1-888-733-7753

Peers are available from 10 am to 2 am every day to assist you with any needs you may have.

*To date,
J&J Party Store
has donated \$10,388.43
to the HDM program
at the COA!*

Area Food Pantries

Alma

First Presbyterian Church
495 Charles Ave., 989-463-2940
Tuesdays (except 5th Tuesday of the month) from 1:30-3:30 p.m.
Serves Alma, Riverdale, Elm Hall and Ellwell. Can receive food every other month. 6 times per year. Must have picture ID for yourself, names and date of birth for all members of the household.

Ashley

East Washington United Brethren Church
8051 S. Crapo Road, 989-838-2314
Second Tuesday, every other month (Jan, March, May, July, Sept, Nov) from 3:00-5:00 pm. Must be a resident of Gratiot County and provide proof of residence. Bring box or bag for items.

Bannister

Bannister United Methodist Church
103 E. Hanvey Street, 989-862-4392
Third Saturday of every month, 1:00-3:00 pm. Must be a resident of Gratiot County and show proof by drivers license or ID.

Breckenridge

United Methodist Church
125 Third Street, 989-842-3632
Tuesdays, 10:00 am-1:00 pm. Residents of Breckenridge, Hemlock, Merrill, and Wheeler only. Can receive food once every 60 days, show state drivers license or ID.

Ithaca

First Presbyterian Church
218 E. Newark St, 989-875-4437
Wednesdays, 9:30-11:30. Residents of Gratiot County south of Tyler Rd **only**. Six times per year. Bring picture ID.

Riverdale

Lincoln Rd. United Methodist Church
9479 W. Lincoln Rd., 989-463-5704
Third Thursday, 9:00-11:00 am. Residents of Sumner and Seville townships who meet financial guidelines receive 1 week of food. On first visit, bring Drivers License/State ID and proof of address.

St. Louis

St. Louis Church of Christ
1075 W. Monroe Rd, 989-681-2524
Third Thursday of the month 11:30 am - 2:00 pm. Please bring own box/bag for items. Photo ID, proof of income, residence and number of people in household required once a year and for new participants.

Please call number listed to confirm days and times.

MyMichigan Medical Behavioral Health Care

Depressed? Anxious? Stressed?

You are not alone and it is important to take care of your mental health. MyMichigan Medical Center - Gratiot is your go-to place. They have a team of experts ready to assist you.

The Psychiatric Partial Hospitalization Program is available to help address behavioral health concerns with an intensive, patient centered program designed to help people cope with life. For more information, please contact MidMichigan Medical Center - Gratiot at 989-466-3253 or by going on-line to mymichigan.org/mentalhealth.

You Can Report Scams & Frauds

The Federal Trade Commission (FTC) is the main agency that collects information on scams and fraud. If you would like to report a suspected scam or attempt at fraud, you can call **1-877-382-4357** or report online to usa.gov, looking under the Consumer Issues section. By clicking on the Consumer Issues section, you will be able to follow the prompts to report a fraud or scam, file a complaint, ask a question and learn how to protect yourself from identity theft.



Commodity Food Distribution Date

Commodities distribution will be on **Monday, February 27, 2023**. Anyone 60 years and older who meets the income guidelines is eligible to receive the food commodities. Income guidelines are as follows: one person's monthly income no more than \$1,473; income per couple not to exceed \$1,984 monthly. (To confirm income guidelines, please call Eight Cap.) Anyone interested in the program **must** contact Eight Cap at 989-463-5693. Clients may pick up commodities at the Alma Elks, 610 W. Warwick Dr., Alma from 9:30 a.m. to 11:00 a.m. or at the Commission on Aging, 515 S. Pine River St., Ithaca from **12:30 to 1:30 p.m.**



Breckenridge Sassy Seniors!

By Lori Chvojka, Site Manager

Happy Holidays

It is a joyous time of year. Families and friends get together to celebrate and enjoy great company and most always great food!! Oh, the foods of this time of year...roasted chestnuts, Christmas cookies, those special baked items we only get at this time of year...I just love them!!

At our house, we have a tradition of getting together to decorate cookies. The grand kids decorate after my daughters and I bake the cookies. While we are baking, the kids spend the time having fun with each other. Sometimes someone hasn't seen his or her cousins for a long time so it's just fun to be with each other. My grand kids, I have 10 that range in age from 26 to 6, participate in this tradition. It is a fun filled day for sure. OH, but the dirty dishes!!! Yuck!! But it all comes with the fun.

Holiday traditions come from all over the world. Santa is known in many countries and always seems to be a plump jolly old elf. Santa Claus, his name here in the United States has many different names, and here are a few:

Dedt Moroz in Russia, Mikulas, in Hungary, Papai Noel in Brazil, Hoteiosho in Japan, Julenisse in Hungary, Pere Noel,

in France, Noel Baba in Turkey, Joulupkki in Finland, Father Christmas in Jamaica, El Nintito Dios in Mexico, Moss Craciun in Romania, Christkindl in Switzerland, Father Christmas in the United Kingdom, and Weihnachtsmann in Germany.

These are just a few, but in my heart, he will always be Santa!! And no matter what, always remember "he sees you when you're sleeping, and he knows if you've been bad or good!"

Unfortunately, this can be a very difficult time for some. Mental illness, the loss of a loved one, and other illness can make it hard for some. We must remember that if you know of someone who is having a difficult time, be extra cautious and kind to that person and try to let them know that you are there for them at any time of the year, but especially during the holidays.

With all this said, from the Breckenridge Sassy Seniors, Happy Holidays and Happy New Year. Enjoy your holidays to the fullest. Give someone an extra bit of kindness and love and we will see you in 2023 a happier, healthier person.



Caring for Your Elderly Parent

As life expectancy increases, it is more common than ever to find senior citizens who have elderly parents. The best outcome is parents remain able to take care of themselves in their own homes. However, many senior citizens find themselves either helping care for their elderly parent or choosing a facility for that parent.

Many times, the parent is able to take care of their own daily needs, which makes the caregiver needs mostly assisting with social activities. That could be assisting with errands and appointments or a simple meal together.

However, as your parent's health declines, they may need more support over time. Should you decide to care for your elderly parent yourself, in your home, be sure you have the right support systems in place. All day, every day, is a lot for one person. Involve other family members in the care of the parent. Hire a part-time person that would help to reduce the stress on you.

The Caregiving Relationship

There may be difficulties in adjusting to the new relationship between you and your parent as both have behavior patterns in place. Many parents are used to making all the household decisions and are unable to relinquish that control. For others, it is criticizing the choices of their adult children. If you are taking care of a loved one and they are trying to control the household, seek help. Talking through issues and setting boundaries can turn around a difficult relationship. As the caregiver, it is important to maintain your own mental and physical health.

Deciding on a Care Facility

Sometimes, the best option for the aging parent is to move the parent to a facility. Be sure to involve the parent in the decision as this will be their home, not yours. Also, make sure the facility is fiscally responsible, what insurance will cover and if other benefits may be available.

Menu



Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
Potato Crunch Pollock Winter Blend Oven Roasted Potatoes Fresh Orange Wheat Bread		Meat Loaf Company Potatoes Corn & Lima Beans Cinnamon Applesauce Wheat Bread		Basil Parmesan Chicken Brown Rice Carrots Tropical Fruit Apple Crisp Dinner Roll
12	13	14	15	16
Meatballs/Gravy Brown Rice Capri Veggie Blend Pineapple Wheat Bread		CHRISTMAS DINNER Baked Ham Whipped Sweet Potatoes Green Bean Casserole Jello Cake Dinner Roll		Smothered Chicken Redskin Potatoes California Veggie Blend Mandarin Oranges Wheat Bread
19	20	21	22	23
Salisbury Steak Whipped Potatoes Spinach Mixed Fruit Cup Wheat Bread		Veal Parmesan Whipped Potatoes Green Beans Peaches Dinner Roll		CLOSED
26	27	28	29	30
CLOSED 		Chicken Pattie on a Bun Mixed Vegetables Baked Potato Apple Crisp Peaches		 CLOSED

Menu is Subject to Change Without Notice, milk provided with all hot meals. Suggested donation \$2.50 per meal. To CANCEL your HDM or to order a meal for a Food with Friends site, please call the COA Kitchen, 989-875-5332.

Greetings From Fulton

By Irene Noffsinger, Site Manager

DECEMBER

Happy Holidays! Can it be that we are approaching the Holidays already? Seems like we were just running around in light jackets not too long ago.

This month I will share with you the saga of an aging babysitter. I have always prided myself in being able to watch my grandchildren and great grandchildren. No big deal right? So, this particular day, my great grandson is napping upstairs and my daughter gets called away for a few hours. No problem! Never fear, your great grandma is here. He is only a year and a half old. How hard can this be? So after nap time, as instructed, I set about making him some lunch. I placed him in a chair at the table and proceeded to look for the high chair to use to feed him. My daughter lives in a very small cottage. How hard can this be? I can't find it. Apparently I was muttering this problem at the same time. So, down off the chair he goes, around the back of the table and he bends down. I say I think you need to come out of there, I am pretty sure you are not supposed to be back there. He pops back up, booster chair in hand and proceeded back to his chair. Okay, I feel dumb. Add to

that, I couldn't figure out how to work the microwave to save my life, nor could I find Barney on the tablet. I am pretty sure the little guy considered me a failure, based on the squeal his grandma got on her return. Better stick to just visiting and playing.

COMING COMING COMING

Monday, December 12th, we will be having our Christmas celebration. We will welcome the Sweet Adeline Group, Heart of Michigan Chorus, who will be performing for us. This event is open to all, so we hope to see you all then. Please call ahead to reserve your meal at 989-875-5332. If you do not wish to eat, the program will begin at 12:30 pm.

Come join us on January 18th for the second talk on Historic Schools. We will be welcoming back Dana Kenneth Johnson, author, publisher, photographer, historian and educational media producer to Fulton Senior Center. Following lunch he will be speaking and using Power-Point presentations to talk about Historic Schools of Gratiot County. Lunch will be served at 12:00 pm with the presentation following. Please call and let us know if you will be coming for lunch. If you are unable to come and eat, then please join us for the presentation beginning at 12:30 pm.

Please feel free to come in when we are open and browse through the books. Books may be taken and books may be left. Thank you to everyone that donates books making this possible.

Euchre is always being played as well as Skipo and other games. Or just come and visit.

We have just resumed pre-covid hours. We are once again opening at 10:00 am until 2:00 pm, for lunch and cards. Please remember to call ahead to reserve your lunch at 989-875-5332.

Food with Friends

Breckenridge Site
Breckenridge Masonic Temple
122 E. Saginaw St., Breckenridge
Phone: 989-842-3338
Site Manager: Lori Chvojka

Fulton Site
Fulton Township Hall
3425 W. Cleveland Rd., (M-57)
Perrinton
Phone: 989-236-5019
Site Manager: Irene Noffsinger

Ithaca Site
Senior Activity Building
1011 E. North St., Ithaca
Phone: 989-875-2135
Site Manager: Jo Jones

Memorials

Commission on Aging

Ilah McClintic

Janice King

Gene Pitcher

Jim & Sue Ebright

Russell Peters

Robert Peters

Mary Andrews

Pat Pitcher

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Legal Assistance

Region VII Area Agency on Aging has taken over for Lakeshore Legal Aid, providing legal assistance to older adults in our community. If you need legal assistance, contact Region VII's Legal Department, 800-858-1637.

Region VII Area Agency on Aging



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