

November

Community Thanksgiving Day Dinner

When: 12:00 Noon, Thursday, November 28th

Where: First Presbyterian Church
495 Charles St., Alma

Menu: Turkey, dressing, potatoes, gravy,
green beans, rolls, cranberry sauce,
beverages, pumpkin pie

Join your friends and neighbors for a delicious Thanksgiving Day dinner. Reservations are required and can be made by calling Roger Allman, 989-330-5407, and leaving a message. Reservations must be made by Tuesday, November 26th. Everyone is welcome to come and enjoy. There will be a donation basket available for a free will offering.



Volunteers are also needed to serve the meal. Please call Roger Allman, 989-330-5407, if you would like to volunteer.

If you are homebound, live in Gratiot County and would like to have a hot dinner delivered to you, please call Craig Zeese at 989-854-4453 by November 25th.

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

November 2024
Volume XLIX
Number 10

Published by Senior Gratiot, Inc. A non-profit organization, in cooperation with Gratiot Commission on Aging
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SENIOR GRATIOT

NON-PROFIT ORGANIZATION
US POSTAGE PAID
PERMIT NO. 4
ITHACA MI

COA Welcomes Sue Waber, Site Manager



REMINDER

It's Open Enrollment Time

Call 989-875-5246 to schedule your Appointment today!

When you schedule your appointment, you will receive assistance with the following:

- ◆ Explore Medicare Part D and/or Medicare Advantage Plans
- ◆ Compare your current plan with other additional plans for 2025 based on your current situation and medications
- ◆ Review the plans' coverage, as well as what the premium, deductible, and co-payments will be for 2025
- ◆ Review or assist with plan enrollment if you decide to switch plans
- ◆ For those who appear eligible, assist with applications to the Social Security Extra Help Program

What is needed for the appointment

- ☑ Your Medicare Card (red, white and blue card)
- ☑ List of current medications, including dosage and quantity and name of pharmacy
- ☑ If you are looking for Medicare Advantage plans, please have an idea of what plans your doctors are working with

Remember to call for your appointment as open enrollment is only available from through December 7th. Do not wait until December to call and schedule. There are **NO walk-in times available**. If you have questions, please contact Sarah McClung at 989-875-5246.



Commission on Aging will be closed on Monday, November 11 for the Veterans Day holiday. The office will reopen on Tuesday, Nov. 12 at 8:00 am.

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: \$20.00 _____ \$25.00 _____ \$30.00 _____ 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. If an issue is returned by the post office, your subscription will be cancelled.

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.



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Senior Gratiot is published monthly for Gratiot County senior citizens 60 years and older by Senior Gratiot Inc., 515 S. Pine River St. Ithaca, MI 48847. It is supported by donations and is printed at Stafford Printing of Greenville.

FALL BACK

Daylight Savings Time Ends



It's that time of year. Daylight Savings time ends on Sunday, November 3rd. Remember to adjust your clocks.



CASA

Court Appointed Special Advocates
FOR CHILDREN

CASA OF GRATIOT COUNTY
GIVING CHILDREN A VOICE

October 2024 Prep Team Volunteer Thank You!

Thank you to these 11 COA volunteers and 7 IHS Leadership & Service students who devoted 27 hours ensuring you are informed of the many activities and opportunities for seniors in Gratiot County.

- Lisa Skaryd, Betty Reeves, Helen Hoard, Nancy Crispin, Linda Strohpaul, Sherry Hurt, Nora Kowitz, Tricia Smith, Judy Zimmerman, Ellen Martin, Carol Reeves, Emma, Karly, Taigan, Chad, Olivia, Karisa & Mrs. VanDeWeghe

 Social Security Administration
 1.800.772.1213

Legal Assistance

Region VII Area Agency on Aging is providing legal assistance for estate planning 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



VOLUNTEER ACTIVITY October 2024

Please contact Sue Koch to register for these teams

Recycled Greeting Cards Team

Commission on Aging in Ithaca
Third Wednesday of every month
Next meeting-Nov. 20, 9:00-11:30 am

Mitten Makers/Hats Galore Knit-In

Commission on Aging in Ithaca
Third Thursday of every month
Next meeting - Nov. 21, 9:00-11:30 am

Senior Gratiot Newspaper Prep Team

Senior Activity Building, Ithaca
1011 E North Street, Ithaca
Nov. 26, 9:00 - 11:00 am

Area Food Pantries

Alma

Alma First Presbyterian Church
495 Charles Ave., 989-463-2940

Tuesdays, 1:30 - 3:00 pm, serving Alma, Elwell, Riverdale & Elm Hall, 1 box every 6 weeks

Salvation Army

425 Republic Ave, 989-463-2864

Monday - Thursday, 9:00 - 11:45 am and 1:00 - 3:45 pm, every 30 days

Ashley

East Washington United Brethren Church

8051 S Crapo Rd, 989-838-2314

2nd Tuesday every Jan, March, May, July, Sept, & Nov, 8:00 - 9:00 am, bring your own box

Bannister

Bannister United Methodist church

103 Hanvey St, 989-862-4392

3rd Sat, 12:00 - 12:30 am, please call as box is created for family, serving Banister, Ashley & Pompeii

Breckenridge/Wheeler

Breckenridge United Methodist Church

125 Third Street, 989-842-3632

Tuesdays, 10:00 am-1:00 pm, serving Breckenridge, Wheeler, & Merrill, every 60 days

Ithaca

First Presbyterian Church

218 E. Newark St, 989-875-4437

Wednesdays, 9:30 am - 11:30 am, serving Gratiot County residents south of Tyler Rd

Ithaca Seventh Day Adventist Church

935 N Pine River St, 989-560-5683

4th Monday, 10:30 am - 12:00 pm, 1 box per month

Middleton

New Haven Church of the Brethren, Gratiot SW Food Pantry

7587 Grant Rd, 989-236-7728

2nd & 4th Thursday, 4:00-6:00 pm, call ahead, 3-4 days of food

Riverdale

Lincoln Rd. United Methodist Church

9479 W. Lincoln Rd., 989-463-5704

Third Thursday, 9:00 am - 10:30 am, serving Seville & Sumner Townships

M-46 Tabernacle

11098 Howard City-Edmore Rd M-46, 989-233-1540

Tuesdays 10:00 am, 1 box per month

St. Louis

Office of Human Services

232 N Mill St, 989-681-4289

Tuesdays - Thursdays, 9:00-11:15 am, 1 box every 30 days

St Louis Church of Christ

1075 W Monroe Rd, 989-681-2524

4th Thursday, 3:00-5:00 pm, Please phone ahead, use the back entrance

Please call number listed to confirm days, times, and eligibility guidelines.



Gratiot Community Personal Needs Pantry

The residents of Gratiot County continue to be served by the Gratiot Community Personal Needs Pantry with supplemental personal care items which cannot be purchased with a Bridge/SNAP card. 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**

**When: Every Thursday,
12:00-3:00 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.

Social Security Benefit Increase for 2025

Social Security and Supplemental Security Income (SSI) benefits for approximately 72.5 million Americans will increase 2.5 percent in 2025.

The 2.5 percent cost-of-living adjustment (COLA) will begin for Social Security recipients in January of 2025. The increase for SSI beneficiaries will go into effect and be paid beginning December 31, 2024. Some people qualify for both Social Security payments and SSI benefits.

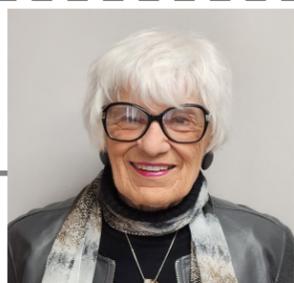
The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

The COLA notices are mailed throughout the month of December. It is possible that a friend or family member will receive their notice before you receive yours. Please do not contact the Social Security office until January of 2025 regarding your notice. You can also check on line through your personal account with Social Security.



Senior Activity Building October 2024 Senior Center Ithaca Food with Friends

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8-10 EVERYDAY SAB Coffee & Conversation 10:00 EVERYDAY Visits, news, games, & activities 12:00 Monday through Friday Food with Friends Meal at Noon, call 989-875-2135 to make your reservation (See menu on back page.)				1 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Otago Exercise Program	2 11:45 Building Open 12:15 Senior Friends Potluck
4 8-10 SAB Coffee 11:50 Nutrition Education 12:00 Food with Friends Meal 12:45 Campfire Sing-along with Renee Hahn	5 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 12:45 Euchre	6 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal Birthday Celebration 1:00 Cornhole	7 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 12:45 Movie	8 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Otago Exercise Program	9
11 CLOSED 	12 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 12:45 Euchre 7:00 VFW #7805	13 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal Thanksgiving Meal 1:00 Cornhole	14 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 1:00 Fall Craft with Linda St Charles	15 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Otago Exercise Program	16
18 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Five Crown Card Game	19 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 1:15 SAB Board Meeting	20 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 1:00 Cornhole	21 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 1:00 Card Games	22 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Otago Exercise Program	23
25 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Bingo	26 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal 12:45 Euchre	27 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 1:00 Cornhole			30



Senior Activity Building Senior Center & Ithaca Food with Friends News

Jo Jones, Site Manager 989.875.2135

November is the month that reminds us of our many blessings. Our Food with Friends Kitchen crew will prepare our delicious traditional meal ahead of the actual Thanksgiving Day since we will be closed on Thanksgiving Day and the Friday after. Ithaca Food with Friends has a tradition of enjoying a variety of pies provided by our seniors. The pies are not a part of the Food with Friends menu and are not served with the meal. Please sign the pie sign up sheet if you plan to provide a pie for the pie table. Be sure to reserve your Food with Friends Thanksgiving meal soon. The cooks need to order their supplies early in November. THANKS!

Thanks to the Isabella Bank volunteers who returned this year on Indigenous People/Columbus Day to complete our annual Senior Activity Building (SAB) Volunteer Cleaning effort. Even though it was a cool morning, they still washed all our windows, screens, gathered all the clippings that fell from Cleo Flegel's hedge trimmer, cleaned the furnace room, etc. They call it a "Compassion into Action Volunteer Event".

Every morning from 8:00-10:00 am, our 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 for the entire two hours.

Food with Friends meals are available Monday through Friday with hot meals on Monday, Wednesday and Friday and soup and salad meals available on Tuesday and Thursday. Meals are served at noon. Your reservation is needed at least one day ahead for the meals. Please take a peek at the menu and then call in your reservation for the days you will be joining us around the table. The suggested donation remains at \$2.50.

Senior Friends Potluck is on November 2nd. If you would like to bring a friend or family member, feel free to do that. Do remember it is a Potluck! We have had a wide variety of hot dishes, salads and desserts most months. If you are not a cook, a donation of cash adds to other donations from previous months so that a donation on behalf of all "Potluckers" can be given to the SAB for providing the use of the building.

Bingo will be on Monday, November 25th only since the SAB will be closed on November 11th to celebrate Veterans Day. The Just for Fun Dulcimer Club will not be meeting this month.

EZ Motion exercise class starts at 10:00 am on Tuesdays and Thursdays. Come stretch with us! We will have a chair ready for you to use. Wii Bowling fun follows the EZ Motion exercise at 11:00 am.

Gratiot VFW Post #7805 will meet at 7:00 pm on November 12th. A-Tractive Tractor Club will not be meeting this month.

The SAB Board meets at 1:15 pm on November 19th. You are always welcome to attend. The officers for the 2024-2025 year will be elected by the Board members. The Class of 2027 Board members elected in October are Donn Gates, Ellen Martin, and Diane Yonker.

Calling all **Euchre** players. You are invited to come to the card tables on the 5th, 12th, and 26th at 12:45 pm.

The knitting group gathers at 10:00 am each Wednesday. Cornhole is scheduled at 1:00 pm every Wednesday. The November birthday celebration is on November 6th at 12:00 pm.

There will be two Alma College nursing students with us from 9:00 am to 1:30 pm on Friday, November 6th. They will be prepared to check your blood pressure and oxygen level if you would like to have that done anytime throughout the morning. No appointment is needed, just stop by.

The Thursday schedule is similar to Tuesdays with a movie and popcorn on November 7th. Linda St. Charles will lead a

fall table centerpiece craft on the 14th at 1:00 pm. Stop in to sign up for this class since it is limited to eight participants. Linda will have a sample for your viewing in early November.

There will be Otago balance classes each Friday at 1:00 pm. There is no fee for these Central Michigan University classes. Please note that the SAB will be closed on Friday, November 29th.

Be sure to check the calendar at the building since there may be changes and additions to the schedule for the SAB, the Senior Center and for Ithaca Food with Friends. Suggestions for activities are always welcome.

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 meals. We look forward to your call and to welcoming you.

Count your Blessings!



Senior Activity Building Donors

THANK YOU for your gifts received by the Senior Activity Building from September 14 through October 15, 2024.

Thank you to our Volunteers (named and unnamed) who take care of our Building daily.

Gifts In Gratitude to SAB

Cleo Flegel
Linda St. Charles
Chuck & Marty Wieferich
Edith Beck
Isabella Bank Employees

In Memory

Frank Jacobs (Dad)

Linda Strohpaal

Bill Bowen

Food with Friends
Donn & Pat Gates
Linda St. Charles
Jim & Bonnie Ludwick

Marvin Cumberworth

Linda St. Charles
Jim & Bonnie Ludwick
Food with Friends

Dr. Rex & Doff Rimmel

Bill & Linda DeVuyst
Chris & Diane Yonker

Jack Ginther

Food with Friends
Linda St. Charles
Donn & Pat Gates
Jo Jones
Steven & Wendy Bower
Lionel & Doris Bower
Ryan & Cara Sample
Bob & Kathy Gibbs
M/M Dave Jackson
Jack & Avis Ginther Family
Michelle & Tom Alberty
Judith Eichorn
Joyce Raycraft
Bob & Gail Paradise
Ted Bosley
John & Martha Andrews
Joan Sparks
Nan Freed
George & Linda Weburg
Michael & Dianne Gabrion
Jason & Erin Gibbs
Den Cooper Family
Mary Sullivan
Jim & Bonnie Ludwick
Jim & Cecille Bowen

Bob Crist

Sale of Bob Crist's CDs

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

Mary Humm

In Memory

Jack Ginther

Jo Jones



Alma/St. Louis Senior Center The Filling Station, 415 Park Ave., Alma

Sue Waber, Site Manager 989.875.9118



Let me introduce myself. I am Sue Waber and I'm so excited to be your new Site Manager at the Alma/St. Louis Senior Center! I have been a pharmacy technician for years and worked at JC Penney's in Alma. You will have to come to the site to find out more about me.

We are starting the month off with a presentation by Holly Tiret from the MSU Extension office. Holly will be here at 10:30 am to present "Keep Moving to Prevent Health Problems" on Friday, November 1st. Wednesday, November 6th, will be craft day and we will be making a wooden turkey painting craft. Please sign up at the site or by calling 989-875-9118 by November 4th. This will ensure that I have enough materials for everyone. Line Dancing with Betty is back on Fridays beginning at 10:00 am.

A reminder that we will be closed on Monday, November 11th for the Veterans Day holiday and on Thursday and Friday, November 28th and 29th respectively for the Thanksgiving holiday.

We are open Mondays, Wednesdays, and Fridays from 10:00 am - 2:00 pm. Join us for lunch at noon any day we are open. Call 989.875.5332 to make your reservation. Also, join us for cards or puzzles any time!

Mondays, 10:00 am-12:00 pm: Sit and Stitch! Crochet, knit, sew, needle point, cross stitch, etc. All levels are welcome, bring your own supplies, and learn from your peers.

Mondays, 12:30-1:30 pm: Bingo. On the 18th, Schnepf's will be calling the game.

Fridays, 10:00 am: Line Dancing. Join us while Betty teaches us some moves.

Wednesday, Nov. 20th, 12:00 pm: Birthday Celebrations

Wednesday, Nov. 27th, 10:00 am: Ornament Craft

Friendly Reminder: Please sign up for all registration required classes two days in advance to make sure we have enough supplies.

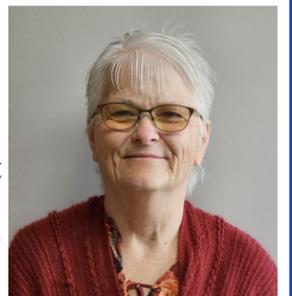


WISE participants from the Breckenridge/Wheeler site



Breckenridge/Wheeler Senior Center Wheeler Township Hall, 8510 E. Monroe Rd., Wheeler

Lori Chvojka, Site Manager 989.330.7508



Wow, what is it with the weather? I think Mother Nature is having hot flashes. She just doesn't seem to want to allow summer to leave. But no complaints here, I'll take it for as long as she wants to allow it.

We will be hosting an Open House on November 4 to give everyone in the county an opportunity to see our new site and enjoy a Root Beer Float or lunch. Please call to make your lunch reservation. We will also have the makings for one of the cute pumpkins that was made last month. If you prefer to play games, Euchre or Dirty Marbles will be going on as well. I would like to give a big shout out to the staff of the Wheeler Township Hall. They made the move smooth and continue to be very supportive.

Holly Tiret from the MSU Extension office will return on Monday, November 18th for a presentation about the benefits of moving to prevent health problems. She will explain an exercise program that is very easy for anyone to participate in and that is easy on the joints. The presentation begins at 11:30 am and will last about 30 minutes. Stay and join us for lunch after the presentation. There are additional activities in the planning process and further information will be available as the plans are finalized.

We would like to invite anyone who likes to play Mexican Train Dominoes to come join us on Fridays. We have been playing Mexican Dominoes as a whole group and would love to have more players join us. Mondays are Euchre days and we always have an exciting game or two. Wednesdays are Bingo days, with Yvonne from Schnepf's joining us on the 3rd Wednesday of the month, and nutrition information day is the 2nd Friday of the month. I will have various informational handouts on different ways to help with our nutrition subjects.

Mondays: 10:00 Dirty Marbles	Wednesdays: 10:00 Dirty Marbles	Fridays: 10:00 Dirty Marbles
12:00 Lunch	12:00 Lunch	12:00 Lunch
12:30 Euchre	12:30 Bingo	12:30 Mexican Trian Dominoes

If you have any games that you like to play, but don't have anyone to play them with, bring them to the center and teach us all how to play. It may become a favorite. We are expanding in our new surroundings, so please take the time to visit us at our new location, and I am sure you will return. Join us for lunch, served at 12:00 pm, on Monday, Wednesday and Friday.

Everyone have a wonderful month and a joyous Thanksgiving. Enjoy the time spent with loved ones and friends. Remember, winter is coming, so be careful and safe.

Some crazy November days:

Nov. 2: Deviled Eggs Day Nov. 4: Common Sense Day Nov. 8: Tongue Twister Day Nov. 13: World Kindness Day



Fulton Senior Center
Fulton Township Hall, 3425 W. Cleveland Rd., Perrinton
 Irene Noffsinger, Site Manager 989-236-5019

Welcome to November. It is hard to believe that 2024 is almost over. Thanks to everyone that makes our time together so enjoyable. Without all of you, we are not.

Please mark your calendars and join us at 11:00 am on Friday, November 8th for an hour long workshop featuring Holly Tiret from MSU Extension. This week, Holly’s workshop will be about “Moving to Prevent Health Problems”, discussing various types of physical activity, challenges for staying active and tools to cope with them. This workshop is free and open to anyone that would like to hear it. If you plan on joining us for lunch as well, please call ahead and make a reservation, 989-236-5019.

November is the month we put the final touches on the planning of our Holiday Gathering. Join us on Wednesday, November 13th and help assemble our centerpieces for this event. We will enjoy them as centerpieces and give them away at the end of our party. We will be set up to make them by 10:30 am, but we will not turn you away if you need to come later.

On Wednesday, Nov. 20th at 12:00 pm, Michelle Lucchesi MA, LLP, Psychiatric Partial Hospitalization Therapist/Liaison from MyMichigan will join us to briefly share information about services available through the partial hospitalization program. She will also provide information on promoting healthy mental health practices.

At the end of November, we Deck the Hall for the holiday season. This will happen on Friday, November 22nd beginning at 10:30 am this year. Please plan on joining us and we will hopefully have the majority of it done by lunch. I really appreciate your help and could not do it without you.

I am still looking for folks that are interested in sharing their craft with seniors. If you have a craft you would like to share, please contact me and let me know. I can be reached at 989-236-5019. We are always interested in learning something new.

Bottle caps are continuing to be collected and sent to a nonprofit company called Travelers Protective Association. The Three Rivers School in Muir is to be the recipient of an Autistic Camp and Park, located in front of the school. Since August of this year, we have been part of 1,000 pounds of caps that have been donated. We will continue to collect plastic bottle caps until we are told they do not need any more. Milk, mustard, ketchup, mayo, coffee tops, etc can be accepted. We have received bags of bottle caps from the community and we much appreciate your donation.

If you are doing some fall cleaning and have some books you would like to donate, don’t forget Fulton Food with Friends. Thank you for the donations we received during September. We are always delighted to receive different books and welcome any books that you wish to donate. We are open Monday, Wednesday, and Friday from 10:00 am - 2:00 pm. Feel free to walk in and leave them, or take some time and browse through what we already have for a book or books you might enjoy. There is no sign out, just grab some books and enjoy.

Please come and join us for lunch, cards or just to visit on Monday, Wednesday or Friday from 10:00 am to 2:00 pm. Call 989-236-5019 to reserve your meal. We look forward to seeing you!

Nov. 1	10:30 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Nov. 4	10:30 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Nov. 6	10:30 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
Nov. 8	11:00 Holly Tiret, Speaker 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Nov. 11	CLOSED FOR VETERANS DAY	Nov. 13	10:30 Centerpiece Assembly 12:00 Lunch 12:30 Medicare Presentation
Nov. 15	10:30 Cards 12:00 Lunch 12:30 Bingo	Nov. 18	10:30 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Nov. 20	10:30 Cards 12:00 Lunch/Michelle Lucchesi, MA, LLP 12:30 Euchre, Dice, Skip Bo
Nov. 22	10:30 Deck the Hall 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Nov. 25	10:30 Cards 12:00 Lunch 12:30 Bingo	Nov. 27	10:30 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
Nov. 29	CLOSED FOR THANKSGIVING				



Pictured on the left is the group who attended the Elk Viewing bus trip in October. This was taken in the lodge where lunch was enjoyed.

The December bus trip will be the last trip for the season. Jean will be taking time off to enjoy the winter in warmer weather. Be sure to keep checking the Senior Gratiot for the resumption of the bus trips in the spring. It will be fun to see what Jean has in store for next year!



Jean McNab - your guide for the bus trips!

Bus Trip General Information

Below are some rules as well as general information regarding the bus trips.

Please notify the Commission on Aging (COA) **immediately** if you must cancel your reservation. The number to call is 989.875.5246. Please leave a detailed message if calling outside of normal business hours. If you found your own replacement, please provide their name and contact information to the office when you call. Refund checks may be issued when the trip does not include prepaid expenses and you cancel more than 30 days prior to the trip date. Otherwise, a refund will be issued only if we can find a replacement from the reserve list.

If you are not sure about your walking abilities after reading a description of the trip, please ask for more information about the trip before you sign up.

All payments are made out to:

Gratiot Community Senior Center and mailed to:

Gratiot Community Senior Center
c/o Gratiot County Commission on Aging
515 S Pine River St, Ithaca, MI 48847

If you are interested in a trip that is advertised, please call as soon as possible to make your reservation. The number to call is 989.875.5246. Check your calendar and check it again after you make the reservation. Make your payment by the due date so you may be assured of a seat. Otherwise, those names on the waiting list will be contacted and your seat may be filled. The only way to assure your reservation is confirmed is by making payment.

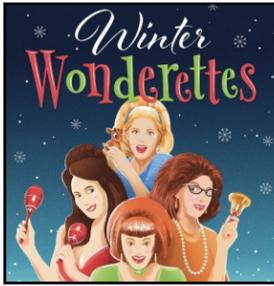
Reservations for the trips are made weeks in advance. Tickets are paid for and are expensive. If tickets get purchased for a trip and then not used, we are not able to get a refund on those tickets. That is why it is important to confirm the dates prior to making a reservation.

If you have to cancel because of illness, please call as soon as possible before the day of the trip. If you forget to attend or just do not show up, we will not give a refund or credit because we have reserved a ticket for you and someone else may have wanted to go but was unable due to a full coach.

If you have questions about any of the above, please don't hesitate to call. We look forward to having you take part in the trips.

Winter Wonderettes at Cornwell's Turkeyville Tuesday, November 12, 2024 \$124.00 (Inclusive)

Bus Departs: 9:30 am Bus Returns: 6:00 pm



Let's kick off the holiday season by taking a Thanksgiving trip to Turkeyville! The Cornwell Dinner Theatre presents: Winter Wonderettes. This energetic seasonal celebration finds the all-girl singing group, The Wonderettes, entertaining at the annual Harper's Hardware Holiday Party. When Santa turns up missing, the girls use their talent and ingenuity to save the party! Featuring great 60's versions of holiday classics such as "Santa Claus is Coming to Town", "Jingle Bell Rock", and "Winter Wonderland".

While this trip is currently full, you may call to be placed on the waiting list in case there are cancellations.

The bus will leave from Gratiot County Commission on Aging, 515 S Pine River, Ithaca at 9:30 am sharp and will return to COA around 6:00 pm. When arriving at COA, please park on the west, south and east side of the building only. The parking on the north by the apartment building is for the residents and guests of the apartments only.

The price includes transportation, lunch buffet, luncheon show and all tips and gratuities. To make your reservation, please call COA at 989.875.5246. **Payment is due by November 1, 2024.** Please make checks payable to Gratiot Community Senior Center and mail to 515 S Pine River St,



Holiday Market & Tour at Kellogg Manor Christmas Light Drive Thru Saturday, December 7, 2024 \$118.00 (Inclusive)

Bus Departs: 9:30 am Bus Returns: 8:00 pm

WK Kellogg Manor House in Hickory Corner is the former estate of cereal magnate WK Kellogg and his wife, Dr. Carrie Staines Kellogg. Located on Gull Lake, the restored home is rich with history and elegance. Stroll through each holiday decorated room of the manor then complete your holiday shopping at the Holiday Market. Items are handmade by local artists and vendors. At the end of the market, enjoy hot spiced tea. This trip is currently full, however, don't hesitate to call and place your name on the waiting list in case there are cancellations.

We can't start our Manor tour and Holiday Market without having a fabulous lunch at Clara's on the River in Battle Creek. The restaurant is located in the Michigan Central Railroad Depot, built in 1888 to support the growing transportation needs of Battle Creek and the US army training center at Fort Custer. It was heavily used by soldiers departing for overseas duty in both World War I and II. While we enjoy the rich history of the depot, we will be able to order off the menu.

To complete our fabulous Holiday trip, we will head up to Grand Rapids to the Drive-Thru Christmas Light Show. This display is west Michigan's largest, animated drive-through light show. Enjoy nearly two miles of Christmas magic with over a million lights, animated displays, lighted tunnels and more.

The bus will leave from Gratiot County Commission on Aging, 515 S Pine River, Ithaca at 9:30 am sharp and will return to COA around 8:00 pm. When arriving at COA, please park on the west, south and east side of the building only. The parking on the north by the apartment building is for the residents and guests of the apartments only.

The price includes transportation, Manor tour, lunch, Christmas Light drive-through and all tips and gratuities. To make your reservation, please call COA at 989.875.5246. **Payment is due by November 15, 2024.** Please make checks payable to Gratiot Community Senior Center and mail to 515 S Pine River St, Ithaca, MI 48847.





SAB volunteers Ellen Martin, Gail Paradise & Joyce Raycraft package cookies for the Gram's Kitchen Fundraiser



Remembering Bob Crist while enjoying his music on the DVD



Granny Joyce & Farmer Cleo weight lifting his 10



Chuck Emery, Lianne & Allen Thunell welcome the firemen before the Fire Prevention program begins

Right: Cleo Flegel (on right) appreciated the Isabella Bank volunteers "Compassion into Action"



Left: Jane Baleja leads the October card making class

FALL PREVENTION PROJECT

FREE Otago Exercise Program!

Where: Ithaca Senior Center at the Senior Activity Bldg. 1011 E. North St, Ithaca

When: Fridays at 1:00 pm

The Otago Exercise Program is a key intervention that reduces the risk of falling in older adults. This is an evidence-based program that employs strength training and balance retraining exercises, combined with a walking regimen. Free ankle weights and exercise manual included.



E-mail or call to sign-up or learn more!

FallPrevention@cmich.edu (989) 774-1350

med.cmich.edu/healthy-aging

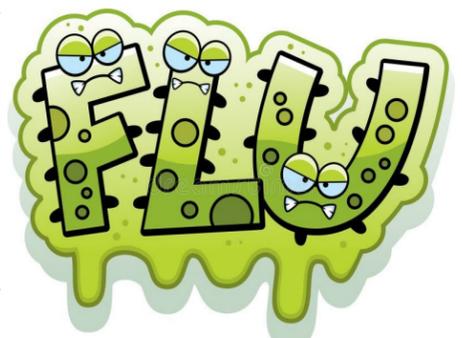


Mid-Michigan District HEALTH DEPARTMENT CLINTON • GRATIOT • MONTCALM

Flu season is here and it is time to get protected. The best way to reduce your risk for contracting the flu and subjecting yourself to the potentially serious complications that can arise is to get a flu vaccine every year. There are other actions that you can take that will help stop the spread of germs. Here are some tips.

- ◆ Avoid close contact with people who are sick.
- ◆ Stay home when you are sick. You can go back to your normal activities when, for at least 24 hours, both:
 - ◆ Your symptoms are getting better overall, and
 - ◆ You have not had a fever (and are not using fever-reducing medication)
- ◆ Cover your mouth and nose.
- ◆ Clean your hands.
 - ◆ Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
- ◆ Avoid touching your eyes, nose or mouth.
 - ◆ Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- ◆ Practice good hygiene and other healthy habits.
- ◆ Cleaning frequently touched surfaces, such as countertops, handrails, and doorknobs regularly can help prevent the spread of some illnesses. Also, get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. You may be infected with the influenza virus and have respiratory symptoms without a fever.



MOVEMBER PROSTATE CANCER AWARENESS MONTH



The Gratiot County Commission on Aging

invites you to join us Monday November 4, 2024

10:30am-1:30pm

as we celebrate our

New Food with Friends location at the Wheeler Township Hall

8510 E. Monroe Rd (M46), Wheeler

Stop in for a Root Beer Float and discover what the Food with Friends Program has to offer



Lunch served at noon

Reservations are required by calling

989-875-5332

60 and over suggested donation of \$2.50

59 and under \$5.00 fee

Programs funded by Region VII Area Agency on Aging, AASA, Gratiot County Senior Millage, and donations. Programs comply with Title VII, Civil Rights Act



Second Annual FREE Community

THANKSGIVING DINNER

Tuesday, November 26, 2024

5:00-7:30

Gratiot-Isabella RESD 1131 E. Center Street Ithaca, MI 48847

Dine in or drive thru meals available. For more information, please contact Shelly Jones at 989-875-5101.

It's a community feast! Will you be there?



Holiday Luncheon

Wednesday, December 4, 2024

10:30 am - 2:00pm

Fulton Food with Friends Fulton Twp Hall

3425 W Cleveland Rd (M57), Perrinton

MENU

- * Sloppy Joes
* Potato Rounds
* Green Beans
* Peaches
* Vanilla Ice Cream
* Fudge Brownie

Suggested donation 60 and over \$2.50 Fee for 59 and under \$5.00

Wear your favorite Holiday Sweater!



Entertainment

Music from a broad range of genres just for you.

12:30 pm

Make your reservation today!

All other FWF Sites will be closed December 4, as we all gather together at the Fulton Site for a little Holiday Cheer!

Call Irene @ 989-236-5019 to RSVP

Deadline to RSVP is November 29, 2024

Programs funded by Region VII Area Agency on Aging, AASA, Gratiot County Senior Millage, and donations. Programs comply with Title VII, Civil Rights Act



National Do Not Call Registry

The National Do Not Call Registry helps you reduce the number of telemarketing calls you receive. It is designed to stop unwanted sales calls from legitimate companies that follow the law.

Registering your phone number on the do not call list does not stop scammers from calling. The best defense against unwanted calls from scammers is to block the number on your phone.

To register your phone number, call 888-382-1222 or go to donotcall.gov. You can register both a land line and a cell phone.

If you want to report a call that was unwanted, you can visit the donotcall.gov site and fill out a reporting form. If you have lost money to a phone scam or have information about the company or scammer who called you, report it at reportfraud.ftc.gov.

Donations

COA

Patty Reeves
Richard & Joanne Green
Millie Reeves
Isabella Bank
Bruce & Connie Andersen

Nutrition

Marty Peet

Rick Read
Sharon Hayes
Gail Horvat
Wendy Duflo
Wayne Allen
Mary Morris
Mac & Kim McGill
Dave Wetzel
Gloria Kleinhans
Darvis & Pam LaVoy

Senior Gratiot

Carl L. Peterson
Shirley Frederick

Lila Decker
Dave & Norma Bast

Alvin & Audrey Miller, Parents
Ann Jarrett

Senior Gratiot

Lori Kostal
Ron & Deb Steward
Margaret Metcalf
Sally Booth
Mary Ellen Fockler
Betty Apple
Bobbi Price
Connie & Bruce Andersen
Judith Eichorn
Gary & Judy Zimmerman
Arthur Burch
Mollie Waldron
Angie & Dave Curtis

Memorials

Commission on Aging

Marietta Dickman
Marion & Jeanne Bendele
Robert & Francine Westphal
Steven & Kerri Bendele
James Mills
Dorothy & Brian McKenna
Anonymous

Nutrition

Robert Mitchell
Craig Zeese & Kevin Fitzgibbon
Tina Parenteau
Anonymous

Honorariums

Shirley Wallace
Lee & Ardith Long

IN LOVING
Memory

*Thank you for your support and
generous donations.*

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**



Gratiot Animals in Need (G.A.I.N.)

A local non-profit, Gratiot Animals in Need (G.A.I.N.), at 405 E Washington (M-46) in Saint Louis, offers a variety of resources to Gratiot County pet owners. Beginning in November office hours are **Tuesdays only** from 12:00 to 2:00 pm. Please leave a message if no one answers at 989-875-2286.

- **Pet Food Pantry** is for low-income pet owners/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. It is located at 405 E. Washington, St. Louis. Hours of operation are Tuesdays 12:00 pm - 2:00 pm. Donations of money, pet food, or pop cans are gratefully accepted at this location as well.

- **Companions Program** can help Gratiot County seniors pay for veterinary office visits and, **depending on the issue**, for one-time medications or treatment needed from the veterinarian. This program does not cover vaccinations or on-going medications for allergies, fleas, etc. Contact 989-875-2286 or email deb@gainmichigan.org for more information. GAIN recognizes the benefits of pet ownership and the special bond seniors have with their pets. Our goal is to try to help Gratiot County seniors retain their pets when medical issues arise.

- **Barn Cat** program for people who are looking for help with rodent control in their barn, garage, warehouse, etc. To request placement of one or more of our fixed and vaccinated working cats, call the office.

Food with Friends Eat Smart Menu

Lunch 12:00-12:30

November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Walking Taco Lettuce & Cheese Corn Bean Fiesta Blend Spanish Rice Tortilla Scoops & Salsa
4	5	6	7	8
Pork Chop Whipped Potatoes/ Gravy Northwest Vegetable Blend Pears Wheat Bread	Chef Salad Beef Vegetable Soup Tropical Fruit Wheat Bread	Chicken a la King Malibu Vegetable Blend Squash Pineapple Biscuit	Chef Salad Stuffed Roast Pepper Soup Pears Wheat Bread	Sloppy Joe on Bun Normandy Vegetable Blend Peas Mandarin Oranges
11	12	13	14	15
CLOSED 	Chef Salad Chicken Vegetable Soup Pineapple Bits Wheat Bread	THANKSGIVING DINNER Sliced Turkey Whipped Potatoes/Gravy Stuffing Green Bean Casserole Cranberry Sauce Pumpkin Custard Dinner Roll	Chef Salad Beef Vegetable Soup Pears Grape Juice Wheat Bread	American Goulash Brussel Sprouts Corn Fruit Cocktail Wheat Bread
18	19	20	21	22
Macaroni & Cheese Carrots Corn Pears Wheat Bread	Chef Salad Stuffed Roast Pepper Soup Pears Wheat Bread	Corn Chowder Hard Cooked Egg Green Beans Applesauce Corn Bread	Chef Salad Minestrone Soup Pineapple Bits Apple Juice Wheat Bread	BBQ Meatballs Roasted Potatoes Nantucket Vegetable Blend Pineapple Wheat Bread
25	26	27	28	29
Baked Chicken Breast Whipped Potatoes/ Gravy California Vegetables Peaches Cookie Wheat Bread	Chef Salad Chicken Vegetable Soup Peaches Apple Juice Wheat Bread	Beef Stew Buttermilk Biscuit Mixed Vegetables Broccoli Applesauce		CLOSED 

Menus are subject to change without notice, milk is provided with all meals. Suggested donation is \$2.50 per meal. To CANCEL your HDM or to make a reservation for a meal at a Food with Friends site, please call the COA Kitchen, 989.875.5332.

The Soup and Salad meals are ONLY available at the SENIOR CENTER, located at the Senior Activity Building, 1011 E North St in Ithaca. Unfortunately, NOT available for Home Delivered Meals.

Commodity Food Distribution Date

Commodities distribution will be on **Wednesday, December 11, 2024**. 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 **10:00 a.m. to 1:00 p.m.** or at Commission on Aging, 515 S. Pine River St., Ithaca from **12:30 to 2:30 p.m.**



Support Groups Meet at MyMichigan Medical Center, Gratiot Alma, MI

Contact Michelle Miller, 989-466-3378

Parkinson's Disease

2nd Thursday of each month, 5:00 p.m.
300 E. Warwick Dr.
Wilcox Auditorium

Alzheimer's/Dementia

3rd Wednesday of each month, 4:30 p.m.
300 E. Warwick Dr.
Wilcox Auditorium

Food with Friends

Alma/St. Louis

Filling Station
415 Park Avenue, Alma
Phone: 989.875.9118
Site Manager: Sue Waber

Breckenridge/Wheeler

Wheeler Township Hall
8510 E Monroe Rd., Wheeler
Phone: 989.330.7508
Site Manager: Lori Chvojka

Fulton

Fulton Township Hall
3425 W. Cleveland Rd., (M-57) Perrinton
Phone: 989.236.5019
Site Manager: Irene Noffsinger

Ithaca

Senior Activity Building
1011 E. North St., Ithaca
Phone: 989.875.2135
Site Manager: Jo Jones