

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

July 2025
Volume 1
Number 7

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SENIOR GRATIOT

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JULY

SUMMER FUN DAY Gratiot County Commission on Aging



**SOME LIKE IT
YACHT**

A TRIBUTE TO THE SOFT ROCK
HITS OF THE '70s & '80s

ALL ABOARD

Not your typical Yacht Rock experience. Coming to audiences from the fresh coast. We are a tribute band and an adventure all in one.

It's a tribute to the songs you loved to escape with, your passport to paradise, where the music never gets old. Soft rock music popular in the late 1970s and early 1980s. With songs like Come Sail Away, Southern Cross, Margaritaville, and so many more!

A warm summer breeze, a cool mocktail in the sunshine, and the soundtrack to your daydreams! Experience a day at the beach without the sand! And make plans to set sail on dry land with us!

THURSDAY, AUGUST 21, 2025

Hosted at ALMA ELKS #1400
610 WARWICK DRIVE ALMA
11:00 am—2:00pm
MUSIC @1:00pm

Heavy Hors d'oeuvre Table
*Fruity Drinks
*Summer Games

RSVP no later than August 6th
FREE Boarding for Seniors 60+
\$5.00 for under 60
Call 989-875-5246
for a unique tribute to summer!

Senior Gratiot Subscription/Donation

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

Temporarily Away _____ Stop Date: _____ Restart Date: _____

Name: _____

Address: _____

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Phone Number: _____ DOB: _____

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Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Donation: \$25.00 _____ \$35.00 _____ \$50.00 _____ 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: **\$25.00 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.

SENIOR GRATIOT, INC.

**JEN RONDY, EDITOR
MARITA HARKNESS
VICKIE THUM
CRAIG ZEESE**

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.



Board of Directors

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Legal Services of Eastern Michigan (LSEM)

There is a new legal service that is available for Gratiot County residents. The LSEM can assist clients who are low income, and those who are facing foreclosure, discriminated against in housing or seniors (persons 60 years of age and older) regardless of income. If you are in need of legal assistance, you will need to call the Counsel and Advocacy Law Line at 888-783-8190 where you will be asked about your issue. Hours of operation are:

- Monday-Tuesday, 9:00 am-5:00 pm
- Wednesday, 9:00 am-6:00 pm
- Thursday, 9:00 am-5:00 pm
- Friday, 9:00 am-1:00 pm

Seeking volunteers who are interested in delivering meals to home bound Gratiot County senior citizens. Choose your route and how often you would like to drive. Delivery days are Mondays, Wednesdays and Fridays. Mileage reimbursement is available.

To sign up, contact Sue Koch, Volunteer Coordinator, at 989.875.5246.

June 2025 Mail Prep Team Volunteer Thank You!

Thank you to these volunteers for ensuring you are informed of the many activities and opportunities for seniors in Gratiot County.

- Ruthie Malek, Helen Hoard,
Nancy Crispin, Linda Strohpaal
Tamala Coe, Nora Kowitz
Carol Reeves, Irene Oliver Peck
Ellie Freed, Janine Snyder, Sue Wernick,
Marge Clapp, Janet Holt, and Jerry Chvojka**

VOLUNTEER ACTIVITY July 2025

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 July 16, 9:00-11:30 am
- Mitten Makers/Hats Galore Knit-In**
Commission on Aging in Ithaca
Third Thursday of every month
Next meeting - July 17, 9:00-11:30 am
- Senior Gratiot Newspaper Prep Team**
Commission on Aging in Ithaca
July 31, 9:00 - 11:00 am



Driver Safety

AARP “Driver Safety” Class
 Commission on Aging
 515 S. Pine River Street
 Ithaca, MI
 Wednesday, August 6, 2025
 8:30 a.m. – 5:00 p.m.

The AARP Driver Safety Course will be held at Gratiot County Commission on Aging in Ithaca on Wednesday, August 6, 2025. **Registration begins at 8:15 a.m.** The cost for the class is \$20 for an AARP member; or \$25 for non-members; and FREE to beneficiaries in Medicare United Healthcare Health Insurance. Please bring your driver’s license and if you are a member of AARP, a membership card. If you are a beneficiary of Medicare United Healthcare Health Insurance, you must present your health insurance card. Payment for the class is by personal check made out to AARP or may be paid in cash. Payment is due on the day of the class. *The course takes place within the classroom, not behind the wheel of an automobile.*

Why take the AARP Driver Safety Class?

- * Attendees for this one-day 8-hour class will get a certificate which they may present for a possible 3-year discount on their car insurance. Please check with your local agent.
- * You will learn new traffic laws, rules of the road and driving skills.
- * You will learn how to adjust your driving for age-related changes such as changes in hearing, vision, and reaction time.
- * You will become more confident in your own driving abilities.

What can I expect from the class?

The class is held in a spacious conference room with windows. The meeting room is air conditioned. If you are sensitive to cooler air, you may wish to bring a sweater or light jacket. Members are seated two people per 6-foot table in upholstered chairs with arm rests. The instructor presents information through lectures, multiple short videos, question and answer opportunities and printed information. There are 3 or 4 ten-question quizzes throughout the day. Quizzes are “self-check”, are completed as a group, are a learning tool, and are only seen by the participant.

Lunch break is one-half hour. For your convenience you may purchase a hot lunch made in the Commission on Aging kitchen. The cost is a donation of \$2.50 for people 60 years or older. For members under 60 years of age, a donation of \$5.00 is suggested. Menu: Spaghetti, Winter Blend Peas & Carrots, Applesauce, Garlic Toast, and a carton of white milk. Members are welcome to bring their own lunch. A microwave and refrigerator are available.

Pre-registration and Questions: Please call 989-875-5246. Pre-registration closes Friday, August 1, 2025.

Tips to Prevent Medicare Fraud

Medicare fraud affects everyone. You can team up with Medicare to help.

Here are some things you can do:

- Guard your Medicare and Social Security Numbers. **Treat them like you would treat your credit cards.**
- Hang up the phone if someone calls and asks for your Medicare number, Social Security Number, or bank or credit card information. Medicare will **NEVER** call and ask for this information, and Medicare will **NEVER** call you or come to your home uninvited to sell Medicare products.
- Be suspicious of anyone who offers you free medical equipment or services and then requests your Medicare number. **It’s illegal, and it’s not worth it!**
- Do not let anyone borrow or pay you to use your Medicare ID card or your identity.
- Check your Medicare claims for errors. Look at your Medicare Summary Notice (MSN) or statements from your Medicare plan. You can also check MyMedicare.gov, or call 1-800-MEDICARE (1-800-633-4227) as soon as your claims have been processed. The sooner you see and report errors, the sooner we can stop fraud. TTY users should call 1-877-486-2048.

Call 1-800-MEDICARE to report any suspected fraud.
Information gathered from www.medicare.gov



Sharps Disposal Program



151 Commerce Drive, Ithaca, MI 48847

Call 989-875-1002 for hours of operation or questions

615 N. State Street, Stanton, MI 48888

Call 989-831-3607 for hours of operation or questions

Program Requirements

- Sharps must be in a Medical Sharps Container or plastic laundry jug
- Pills and liquids are not accepted
- Not for commercial use



This is a free service for Gratiot and Montcalm County Residents.

Proper disposal of sharps can prevent injury, infection, and pollution!

Senior Activity Building July 2025 Senior Center

Ithaca Food with Friends

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	WALK WANDA'S WALK in the Atkinson Park Anytime Any Day	1 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 FwF Meal 12:45 5 Crown cards	2 8-10 SAB Coffee 10:00 Knitting Group 12:00 FwF Meal 1:00 Horseshoes or Cornhole	3 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 11:30 Blood Pressure 12:00 FwF Meal	4 Building Closed No Food with Friends Happy Birthday USA	5
	7 8-10 SAB Coffee 11:50 Nutrition info 12:00 FwF Meal 12:45 5 Crown Card game	8 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 FwF Meal 12:45 Dominoes 7:00 VFW Post 7805	9 8-10 SAB Coffee 10:00 Knitting group 12:00 FwF Meal 1:00 Horseshoes or Cornhole	10 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 FwF Meal 12:45 Movie and Popcorn	11 8-10 SAB Coffee 12:00 FwF Meal 1:00 Otago Class	12
	14 8-10 SAB Coffee 12:00 FwF Meal 12:45 Bingo with Yvette –Schnep's No Dulcimer Club this month	15 8-10 SAB Coffee 10:00 EZ Motion 11:00 FwF Advisory Meeting 12:00 FwF Meal 1:15 SAB Board meeting	16 8-10 SAB Coffee 10:00 Knitting Group 12:00 FwF Meal 1:00 Horseshoes or Cornhole 7:00 A-Tractive Tractor Club	17 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 FwF Meal 12:45 Pickleball	18 8-10 SAB Coffee 12:00 FwF Meal 1:00 Otago Class	19
	21 8-10 SAB Coffee 12:00 FwF Meal 12:45 Walk Wanda's Walk	22 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 FwF Meal 12:45 Rummikub	23 8-10 SAB Coffee 10:00 Knitting Group 12:00 FwF Meal July Birthday Celebration 1:00 Horseshoes	24 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 FwF Meal 12:45 Pickleball	25 8-10 SAB Coffee 12:00 FwF Meal 12:45 Otago Class	26
	28 8-10 SAB Coffee 12:00 FwF Meal 12:45 Bingo McDonald's prizes	29 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 FwF Meal 12:45 Sequence	30 8-10 SAB Coffee 10:00 Knitting Group 12:00 FwF Meal 1:00 Horseshoes or Cornhole	31 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 FwF Meal 12:45 Pickleball	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.)	



Senior Activity Building Senior Center & Ithaca Food with Friends News

1011 E North St. Ithaca, MI 48847
Jo Jones, Site Manager
989.875.2135

Every morning from 8-10 am, Linda St. Charles will be happy to welcome you to our Senior Activity Building's "Coffee and Conversation Time". You are welcome to spend a few minutes or the full two hours. It is a great way to get your day off to a good start. Come only once as a stranger!

The Lions Club invites you to bring your no longer used eyeglasses and hearing aids to their new collection box located in the Senior Activity Building near the east door entrance.

The *Monday Nutrition* class (July 7th) will be a discussion about what foods are good to have on hand in case of an emergency. There are two *Bingo* dates scheduled in July. Yvette will bring the Schnep prizes and call for us on the 14th while McDonald's will donate prizes on the 28th. We welcome you to play a game of *Five Crowns* on the 7th and then walk with us on *Wanda's Walk* on the 21st. Both are scheduled at 12:45 pm.

Tuesdays are active days! The *EZ Motion* class and the *Wii Bowling* seniors are happy to welcome more seniors who are joining them. The *EZ Motion* group begins stretching at 10:00 am. Then at 11:00 am, the *Wii Bowling* games begin! There is always room around the puzzle table. A *Five Crown* card game, *Dominoes*, *Rummikub*, and *Sequence* are on different Tuesday afternoons in July. Our Senior Activity Building Board meets on the 15th at 1:15. You are always welcome to attend.

Wednesdays are busy with the *knitting group* at 10:00 am, and then the *horseshoe* or *cornhole* players and cheerleaders pick up the pace at 1:00 pm. You are welcome to attend these and all activities and classes each day. If the weather cooperates, we plan to get out to the horseshoe pits and walk *Wanda's Walk*.

A special thank you to Cleo Flegel who hand crafted another set of cornhole boards. We often needed two sets.

Help us celebrate with our seniors who have a July birthday on Wednesday, the 23rd. The cake and ice cream top off a delicious Food with Friends meal. Reserve your place at the table.

Thursday schedules are similar to those on Tuesday. On the 3rd of July, we will honor our country's birthday since we are closed on the 4th. If you have some red, white, and/or blue—show your patriotic colors. You will find on the second Thursday that it is time for *Movie and Popcorn* right after our Food with Friends meal. We have several movies to choose from. Calling all pickleball players and cheerleaders on the 17th, 24th, and 31st at 12:45 pm. The Senior Activity Building will provide the paddles and balls.

On the second Friday, you will find Joyce Raycraft available to check your blood pressure at 11:30 am. The Central Michigan students will lead the *Otago Class* that stresses exercise that will help you to improve your balance. There is no charge for any of the scheduled activities.

Please take another look at the calendar now that you've scanned the July update. Hoping that you will now make your plans to enjoy being at the Senior Activity Building often. Call to make your reservation for the Food with Friends meals @ 989.875.2135.

Ithaca Food with Friends looks forward to welcoming you to the *Bingo Bash and Picnic Lunch* on Wednesday, August 6th.

Senior Activity Building Donors

THANK YOU for your gifts received by the Senior Activity Building from May 13, 2025 through June 10, 2025:

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

In MEMORY of BONNIE BARNES

Elaine Kooy
Beth Berkimer
Kendall Wood
Robert & Pat Barnes
Scott Barnes

In MEMORY of CHRIS SPARKS

Mary Sullivan
Jo Jones
Joyce Raycraft
Ellen Martin
Bill & Linda DeVuyst
Chris & Diane Yonker
Linda DeVuyst
Doug & Marita Harkness

In MEMORY of VIRGINIA MATHEWS

Hilda Oakes

In MEMORY of LINDA WEBURG

Linda St. Charles

**GIFTS RECEIVED at the GRATIOT
CO. COMMUNITY FOUNDATION
SENIOR ACTIVITY BUILDING
AGENCY ACCOUNT:
Mary Humm**



This group meets monthly to address the concerns of caregivers and families of individuals who suffer from Alzheimer's or other dementia disorders.

The task of caring for individuals who experience physical, intellectual and behavioral difficulties associated with Alzheimer's or other related dementia disorders is difficult and demanding. With guidance from the Alzheimer's Association, this group provides caregivers with an opportunity to exchange support and encouragement with others who are dealing with some of the difficulties associated with these disorders.

The group meets the third Wednesday of every month from 4:30 - 5:30 pm in the Wilcox Auditorium located in MyMichigan Medical Center Alma.

Group topics that will be discussed include:

- What home care and community resources can offer,
- A matter of balance,
- Alzheimer's and the importance of physical activity,
- Caregiver time,
- Adult immunization,
- Validation therapy vs. reality orientation,
- The effects of dementia on feelings,
- Handling the holidays, and
- How depression fits into Dementia

If you have questions or would like additional information, please contact Michelle Miller, M.S.N., R.N., at 989-466-7213 or michelle.miller@mymichigan.org.

The program is held in collaboration with MyMichigan Medical Center Alma and the Alzheimer's Association.



The Parkinson's Support group meets the second Thursday of every month from 5:00 - 6:00 pm in Wilcox Auditorium at MyMichigan Medical Center, Alma.

The Parkinson's support group is for people with Parkinson's, their families and any other support individuals who may benefit. It is an opportunity to share journeys and provide emotional support for each other along the way.

Many topics are discussed, including the following:

- ◆ What disease management resources are available,
- ◆ A matter of balance,
- ◆ Taking control: recognizing and managing the signs and symptoms,
- ◆ Advanced directives,
- ◆ Physical activity and Parkinson's,
- ◆ Adult immunizations,
- ◆ MAPS-Medicare enrollment,
- ◆ Parkinson's medications, and
- ◆ Coping with the holidays.

If you have questions or would like additional information, please contact Michelle Miller, M.S.N., R.N., at 989-466-7213 or michelle.miller@mymichigan.org. We look forward to having you join us. You are not on this journey alone.

The program is held in collaboration with MyMichigan Medical Center Alma and the Michigan Parkinson Foundation.

Alma/St. Louis Senior Center
The Filling Station, 415 Park Ave., Alma
 Sue Waber, Site Manager 989.875.9118



Reminder - The Alma St. Louis site will be closed Friday July 4th in honor of the 4th of July Holiday. We will be back to our regularly scheduled activities Monday July 7th with our Monday BINGO games beginning at 12:30pm. The full July activity calendar will be available for pickup at the Alma/St. Louis site for pick up. We apologize for any inconvenience but due to circumstances beyond our control, we are unable to print all the activities planned for the month of July at this time.

As we await the full schedule of events, please mark your calendars for Monday July 21 at 12:30 pm - Schnepps will be calling BINGO. Wednesday, July 23rd will be our Monthly Nutrition Talk on “What to Have on Hand Incase of an Emergency”.

Mondays: 10:30 am - 12:00 pm Sit and Stitch
 Wednesdays: 10:30 am -11:15 am Exercise with the Laurels of Fulton - Remember to dress in comfortable clothing

Finally *Line Dancing is on hold for the summer* and will return this fall. Stay tuned!

July 4th		Closed in honor of the 4th of July Holiday
July 7th	12:30 pm	BINGO
Mondays	10:00 am-12:00 pm	Sit and Stitch: Bring in a project you're working on such as a fun adult coloring book, knitting, crochet, or whatever. Show off your talents!
	12:30 pm-1:30 pm	Schnepps of St. Louis will be calling BINGO JUNE 16 th
Wednesdays		
	10:30 am-11:00 am	Exercise with Laurels

Breckenridge/Wheeler Senior Center
Wheeler Township Hall, 8510 E. Monroe Rd., Wheeler
 Lori Chvojka, Site Manager 989.330.7508



HAPPY 4TH OF JULY!

I sure hope your summer has been going well. Here at the Breckenridge/Wheeler Center it has been great! This is the time of year for cook outs which means potato salad, macaroni salad, and food of similar contents. With the summer heat we need to make sure to keep our food safe by keeping it at the right temperature. Keeping salads and other cold food on ice can help and also get messy. A good way to do it with the least amount of mess is to get a bowl or container that is bigger than your dish and place a frozen zipper bag of ice under your food dish. The ice melts and stays in the bag and the container which equals less mess on your table. Also, remember to change the bags of ice as the day goes on to be safe.

We are all looking forward to our summer activity at the Ithaca Senior Center....who can't be excited with BINGO! We cannot wait until August for this. Dobbers ready! What are some summer activities that you look forward to? We here at the center look forward to lazy days, fresh garden produce, fresh fruits of summer, and I believe the best is time spent with family. The kids are home from school and love to come to Grandma's and Grandpa's for some fun. I know our grands love to come up to the cabin without mom and dad, because Grandma tends to spoil them! Whatever you choose to participate in, have fun and be safe. Watch for over exertion and getting over heated or dehydrated, just stay safe.

- July 3** National Compliment Your Mirror Day; National Fried Clam Day
- July 5** National Bikini Day
- July 8** National Freezer Pop Day; National Raspberry Day
- July 10** National Kitten Day
- July 17** World Emoji Day
- July 11** Handout Nutrition Talks (Every second Friday of the month)
- July 16** 12:30 pm Bingo with Yevette
- July 23** 11:00 am –12:00 pm Part 1 of Sunflower Wreath
- July 30** 11:00 am –12:00 pm Finish Sunflower Wreath

Mondays
 10:00 am –12:00 pm Dirty Marbles
 12:30 pm – 2:00 pm Cards

Wednesdays
 10:00 am –12:00 pm Dirty Marbles
 12:30 pm – 2:00 pm Bingo

Fridays
 10:00 am –12:00 pm Dirty Marbles
 12:30 pm – 2:00 pm Mexican Train Dominoes

July 11	Handout	Nutrition Talks (Every second Friday of the month)
July 16	12:30 pm	Bingo with Yevette
July 23	11:00 am –12:00 pm	Part 1 of Sunflower Wreath
July 30	11:00 am –12:00 pm	Finish Sunflower Wreath
Mondays	10:00 am –12:00 pm	Dirty Marbles
	12:30 pm – 2:00 pm	Cards
Wednesdays	10:00 am –12:00 pm	Dirty Marbles
	12:30 pm – 2:00 pm	Bingo
Fridays	10:00 am –12:00 pm	Dirty Marbles
	12:30 pm – 2:00 pm	Mexican Train Dominoes



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

I absolutely love the month of July. Most folks have big family gatherings at Christmas time. But for our family, because of how far apart we live, we are not always able to get together. So we have our big gathering on the 4th of July. How much better can it get? Everywhere you go, everyone is celebrating. We are able to be outdoors watching parades, swimming, grilling, eating, having bonfires, and visiting with everyone that goes by. Then we cap off the perfect day by watching fireworks. It doesn't get much better than this for me. My wish is that you all, no matter what you are doing, have what to you is the most perfect 4th of July with each day following just as wonderful.

JULY 16TH - CRAFT

Come and enjoy the fun of using buttons to create your own Greeting Cards. This workshop will start at 10:30 am. Please sign up if you are interested in this craft.

JULY 25TH - BINGO

Please join us for Bingo immediately following lunch at 12:30 pm.

- We are still collecting bottle caps; these can be dropped off at the Fulton Senior Center any Monday, Wednesday and Friday between 10:00 am and 2:00 pm. We thank all of our friends and community neighbors for their donations.
- Thanks to everyone that has come in the last month and recycled their books with us. We get very excited to see what has arrived. Please continue to think of us when cleaning off your bookshelves. These can be dropped of any time Monday, Wednesday, and Friday between 10:00 am and 2:00 pm.



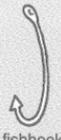
MONDAY		WEDNESDAY		FRIDAY	
		July 2nd	10:00 am Cards 12:00 pm Lunch 12:30 pm Euchre, Dice, Skip Bo	July 4th	CLOSED FOR THE 4TH OF JULY
July 7th	10:00 am Cards 12:00 pm Lunch 12:30 pm Euchre, Dice, Skip Bo	July 9th	10:00 am Cards 12:00 pm Lunch 12:30 pm Euchre, Dice, Skip Bo	July 11th	10:00 am Cards 12:00 pm Lunch 12:30 pm Euchre, Dice, Skip Bo
July 14th	10:00 am Cards 12:00 pm Lunch 12:30 pm Euchre, Dice, Skip Bo	July 16th	10:00 am Craft: Card making w/buttons 12:00 pm Lunch 12:30 pm Euchre, Dice, Skip Bo	July 18th	10:00 am Cards 12:00 pm Lunch 12:30 pm Euchre, Dice, Skip Bo
July 21st	10:00 am Cards 12:00 pm Lunch 12:30 pm Euchre, Dice, Skip Bo, Mt. Pleasant Isabella County Youth and Farm Fair	July 23rd	10:00 am Cards 12:00 pm Lunch 12:30 pm Euchre, Dice, Skip Bo	July 25th	10:00 am Cards 12:00 pm Lunch 12:30 pm Bingo
July 28th	10:00 am Cards 12:00 pm Lunch 12:30 pm Euchre, Dice, Skip Bo Nutrition	July 30th	10:00 am Cards 12:00 pm Lunch 12:30 pm Euchre, Dice, Skip Bo		

Gratiot County COA FWF Eat Smart Menu Lunch 12:00-12:30 pm July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1	1	2	3	4 CLOSED FOR INDEPENDENCE DAY 
7	8	9	10	11
14	15	16	17	18
21 NEW MENU ITEM	22	23	24	25 NEW MENU ITEM
28	29	30	31	

To CANCEL your Home Delivered Meal or to make a reservation for a meal at a Food with Friends site, please call the COA Kitchen, 989.875.5332.

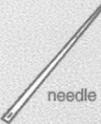
The Tuesday/Thursday hot meals are only available at the SENIOR CENTER, located at the Senior Activity Building, 1011 E North St in Ithaca. Unfortunately, NOT available for Home Delivered Meals.


fishhook

candle

musical note

key

slice of bread

needle

snake

mushroom

shoe

crescent moon

toothbrush

nail

pencil

artist's brush

golf club

Garden Visitor



Air Conditioners

As summer draws near, so does the heat that comes with it. The Commission on Aging has air conditioners which can be loaned out to you thanks to a grant received from the Gratiot County Community Foundation. Just call the COA, 989-875-5246, and ask for one. We will ask you a few simple questions, and then get our Home Chore department to deliver and set one up! The air conditioners are given out on a first come first served basis. At the end of the summer, you just need to call us and we will come and remove it as well.

The Home Chore department can also install your personal air conditioner unit if you need assistance with that. Just call the office and put in your request. The guys will come out and get your own air conditioner installed for you.





SUMMER BINGO BASH

WEDNESDAY, AUGUST 6, 2025

ITHACA FOOD WITH FRIENDS @
THE SENIOR ACTIVITY BUILDING

1011 E. North St, Ithaca

PRIZES ~ FUN ~ PICNIC LUNCH

Make your reservation today! Call Jo @ 989-875-2135

All other Food With Friends Sites will be closed Wednesday, August 6, 2025, as we all gather together @ the Ithaca Senior Activity Building. COME JOIN US!

Deadline to RSVP is August 1, 2025

DOORS OPEN AT 10:00 am

GAMES START AT 10:30

& play until 12 Noon



Picnic Lunch @12 Noon

Hot Dog w/Bun

Potato Salad

Carrot & Rasin Salad

Potato Chips

Strawberries

Ice Cream Sundae Bar

Suggested donation 60 and over \$2.50

Fee for 59 and under \$5.00



THANK YOU AND HAPPY RETIREMENT JEAN MCNAB!

We would like to thank Jean McNab for the numerous adventures and memories she provided over the last few years. Jean is retiring for a second time, and we wish her the very best in her future endeavors. Again, we thank Jean for everything she has provided the seniors of Gratiot County and wish her well!

Stay tuned for updates on future bus trips.



Extended Eastbound Lighthouse Cruise Tuesday, July 22, 2025 \$189.00 (All Inclusive)

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



Take a more in depth look at our eastern Lake Huron lights. Begin with a pass under the Mighty Mac, then sail across the Straits of Mackinac to view the following: Round Island Lighthouse, Round Island Passage Light, Bois Blanc Lighthouse, Spectacle Reef Light (can only be viewed up close from a boat), Poe Reef Light and Fourteen Foot Shoal Light. A quick trip up the Cheboygan River to view the Cheboygan Crib Light and Cheboygan Front Range Light will round out the trip. You will enjoy the clear blue waters of the Straits, and an up-close view of the Coast Guard cutter "Mackinaw". Maritime history will be shared by an expert from the Great Lakes Lighthouse Keepers Association.

Before the cruise, we will be stopping at Audie's Restaurant in Mackinaw City for their wonderful buffet.

The bus will leave from Gratiot County Commission on Aging, 515 S Pine River, Ithaca at 8:00 am sharp and will return to COA around 9:30 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 Lighthouse Cruise, lunch buffet, transportation, and all tips and gratuities. To make your reservation, please call COA at 989.875.5246. **Payment is due by July 1, 2025.** Please make checks payable to Gratiot Community Senior Center and mail to 515 S Pine River St, Ithaca, MI 48847.

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

Commodity Food Distribution Date

Commodities distribution will be on **Wednesday, August 13, 2025. (Receive August and September boxes)** 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 \$1,632; income per couple not to exceed \$2,215 monthly. (To confirm income guidelines, please call Eight Cap.) Anyone interested in the program **must** contact Eight Cap at 616.754.9315. Clients may pick up commodities at the Alma Elks, 610 W. Warwick Dr., Alma from **10:00 am to 12:00 pm.** or at Commission on Aging, 515 S. Pine River St., Ithaca from **12:30 to 2:30 p.m.**

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**

Loan Closet

Commission on Aging has a loan closet that is available to seniors (60 years of age or older) who live in Gratiot County and may be in need of adaptive medical equipment. There is limited availability of disposable bed pads and adult diapers as well. If you are in need of something, please call 989-875-5246 to see if we have the item available.



Memorials

Commission on Aging

LaDonna Hardman
Marlene Teegardin
Ginger Vetter

Chris Sparks
Diane Beard
Linda Weburg
Marzella Hoard
Cheryl & Sid Hull

Chris Sparks
Paul Showers

Chris Sparks
Bonnie Barnes
Dinah McCracken
Dennis and Linda Kellogg

Garold Browne
Cherie Yost & family
Barbara Conner

Karen Kindel
Scott & Shari Nevins

Senior Gratiot

Garold Browne
Diane Beard
Shawn Beard
Jerry Beard
LaDonna Hardman
Chris Sparks
John Criswell
Pat Vernon
Dave & Vicky Browne

Leon Houseman
Madalyne Houseman

James K. Riley
Edith M. Johnson
Irene Riley
James F. Riley
Diana M Riley

Leo & Noble Campbell
Rob Sutherland & Crystal Wilson

Bob Brown
Judy Brown

John Criswell
Venetta & Kenneth Parling
Cathleen Lucas

Irving "Lyle" Hale
Mary Ann
Michael, Brenda & Family
Michelle, Andy & Family
Melinda & Family
Matthew & Family
Mark, Marilyn & Family

Betty Black
Craig Zeese
Kevin Fitzgibbon

Thank you for your support and generous donations.

Donations

Senior Gratiot

Elaine Burns
Tammy Leslie
Eathel Gilkins
Fred & Annemae Burlingame
Mary Ann Zimmerman

COA

Maple Valley Lions Club

Honorariums

Fun at the Senior Activity Building

Sharing stories created from charm bracelets and pins.



Carol's UP puzzle is rebuilt by Viola and Jeff.



Carol's favorite place in the UP!



Cowboys Danny, Ken, and Lyle share their musical talents.



June birthdays celebrated by Nancy, Janine, and Kendra



Ellen Martin shows pictures of her Dad, LeRoy Martin on Food with Friend's Fathers Day June 13th.



Crafting Fun at Breckenridge/Wheeler



Crafting Fun at Alma

