

SEPTEMBER

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

September 2025
 Volume L
 Number 9

SENIOR GRATIOT

Published by Senior Gratiot, Inc. A non-profit organization, in cooperation with Gratiot Commission on Aging
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Pictured above from left to right: Paula Moeggenborg (Commission on Aging staff), Chelsea Holmes (Gratiot County Community Foundation Executive Director), Jen Rondy (Commission on Aging Executive Director), and Sarah McClung (Commission on Aging staff).

The Gratiot County Commission on Aging would like to thank the Gratiot County Community Foundation for the grant awarded in the amount of \$10,000 to purchase rollator walkers with seats to senior citizens of Gratiot County. If you are in need of a rollator walker with a seat, you may contact the Gratiot County Commission on Aging at 989-875-5246.



My name is Tracy Condie and I am the new Senior Center Coordinator for the Commission on Aging. Before coming onboard, I worked for Granger Waste Service and had my own beauty shops in assisted living communities. I have one son that means the world to me and that helps me around my house as much as he can. I moved to Michigan 14 years ago from Colorado and to my house in Ithaca 8 years ago. I LOVE country western dancing, activities with my family and friends, and lazy days at home with my three small dogs. I love to scrapbook (well craft in general), do family research, and sing along with the radio. This new position fills my heart to interact and give back to our community. I enjoyed working with the amazing kitchen crew my first month here and getting to know the ropes and helping make the delicious meals.



Book Nook Puzzles & Greeting Cards



The Commission on Aging Lobby Book Nook is thriving with wonderful paperback and hardbound books. Colorful puzzles of all kinds are also on display. Browse our shelves and take what interests you. When you are finished with the books and/or puzzles, feel free to pass them along to family or friends. You may also return them to our location to trade in for something new.

While in the lobby, take time to browse the recycled greeting card racks. Our Card Team members have recycled cards for all purposes. Suggested donation for a card is .25 cents.

The lobby is open Monday through Friday 8:00 am to 4:30 pm. We are closed holidays.



Senior Gratiot Subscription/Donation

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

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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.

Aug 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.

Helen Hoard, Tricia Smith, Nancy Crispin, Linda Strohpaal, Ellen Martin, Jim Peck, Janine Snyder, Carole Moore, Nora Kowitz, Irene Oliver Peck, Tamala (Tami) Coe, Nancy Gulick, Marge Clapp, Ed Seiler, Janet Holt, Jerry Chvojka, National Honor Society High School Advisor and members Megan Ridgell, Audrey Heinze, Aidan Brewer

VOLUNTEER ACTIVITY August 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 **September 17, 9:00-11:30am**

Mitten Makers/Hats Galore Knit-In
Commission on Aging in Ithaca
Third Thursday of every month
Next meeting - **September 18, 9:00-11:30am**

Senior Gratiot Newspaper Prep Team
Commission on Aging in Ithaca
September 25, 9:00 - 11:00am

Reminder:

Many of us like to travel throughout the year. If you place your mail on hold or forward it please keep in mind that The Senior Gratiot Newspaper is mailed under nonprofit postage. This means the post office will *NOT* forward it to your location. This in turn creates a fee for the postage going out, as well as the postage to come back to us. Help us reduce costs by calling our office when you have extended travel plans @ 989-875.5246. We are happy to assist and place your mailing on hold, or adjust the address to your location until you return. Thank you for your assistance.

Social Security Administration
1.800.772.1213



Board of Directors

- Brenda Pratt, District 1
- Yvette Franco-Clark, District 2
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- George Bailey, Commissioner
- Corey Netzley, AAA Board Representative
- Diane Conroy-Kellogg, AAA Advisory Rep.

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

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. If you are in need of something, please call 989-875-5246 to see if we have the item available. This program is



Incontinence is one of the most common disorders among seniors with over 15% to 35% of older adults dealing with some form of incontinence. However, older adults can use supplies to help manage the discomfort associated with bladder and fecal incontinence.

The costs associated with managing incontinence from absorbent products such as pads and adult diapers to additional laundry, to skin care products can add up quickly, often turning this personal struggle into an economic one.

Gratiot County Commission on Aging, through their Loan Closet, offers free supplies to seniors in need. Availability is based on supplies in stock. If you are in need of assistance, please call 989-875-5246 to see if we have the items available.



BENEFITS OF SHOWER GRAB BARS

As mobility decreases with age, everyday activities like showering can become more challenging. Shower grab bars for seniors provide essential stability, reducing the risk of slips and falls while promoting confidence and independence. These safety features make bathrooms more accessible and secure.

Benefits of Grab Bars:

1. **Increased Safety**

Wet bathroom surfaces can be slippery, increasing the risk of falls. Shower grab bars provide a firm grip, helping seniors maintain balance.

2. **Greater Independence**

With a secure grab bar to hold onto, seniors can shower with more confidence and reduced assistance.

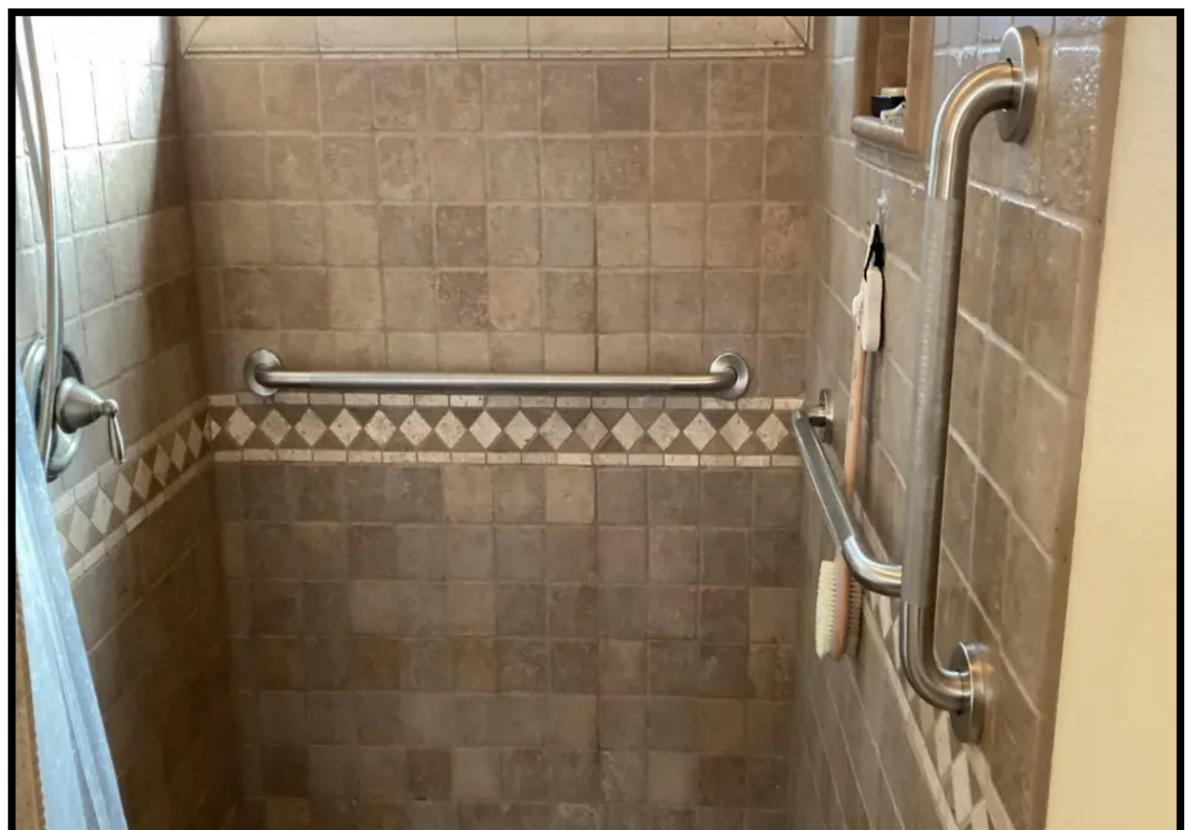
3. **Enhanced Comfort**

Shower grab bars help with movement inside the shower, making it easier to step in and out safely.

4. **Support for Mobility Challenges**

Individuals with mobility limitations, arthritis, or injuries benefit from the added support, reducing strain on joints.

Gratiot County Commission on Aging offers installation of grab bars through our own Home Chore program. If you have a need for installation of a grab bar call 989-875-5246 to see if we can assist you. A grant from the Community Foundation has made this a no cost program for Gratiot County residents over the age of sixty.



Senior Activity Building September 2025 Senior Center Ithaca Food with Friends

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Labor Day SAB Closed No FWF	2 8:00am- 10:00am ☕ 10:00am EZ Motion 11:00am Wii Bowling 12:00pm FWF Meal 1:00pm Sit-Sip-Chat time for Women Tea, Coffee, or BYO	3 8:00am-10:00am ☕ 10:00am Knitting group 12:00pm FWF Meal 1:00pm Horseshoes or Cornhole	4 8:00am-10:00am ☕ 10:00am EZ Motion 11:00am Wii Bowling 12:00pm FWF Meal Set up for 2 nd and 3 rd Generation Celebration on Friday	5 8:00am-10:00am ☕ 10:20am -11:30am Bingo 11:30am -12:00pm Honor 2 nd & 3 rd Generation Seniors 12:00pm FWF Meal 1:00pm Otago Class	6
c	8 8:00am-10:00am ☕ 12:00pm FWF Meal 12:45pm Bingo with Yvette -Schnepp's provide prizes 2:00pm Dulcimer Club Come to Listen	9 8:00am-10:00am ☕ 10:00am EZ Motion 11:00am Wii Bowling 12:00pm FWF Meal 12:45 Card game (your choice) 7:00 VFW Post 7805	10 8:00am- 10:00am ☕ 10:00am Knitting group 12:00pm FWF Meal 1:00pm Horseshoes or Cornhole	11 8:00am- 10:00am ☕ 10:00am EZ Motion 11:00am Wii Bowling 12:00pm FWF Meal 12:45pm Movie & Popcorn	12 8:00am- 10:00am ☕ 11:30am Blood Pressure ✓ 12:00pm FWF Meal 1:00pm Otago Class	13 8:30am Pancakes & Sausage 9:00am Annual SAB Cleanup
14	15 8:00am-10:00am ☕ 11:50am Nutrition info 12:00pm FWF Meal 12:45pm Renee Hahn's Music	16 8:00am- 10:00am ☕ 10:00am EZ Motion 11:00am Wii Bowling 12:00pm FWF Meal 1:15pm SAB Board meeting	17 8:00am- 10:00am ☕ 10:00am Knitting Group 12:00pm FWF Meal 1:00pm Horseshoes or Cornhole 7:00 A-Tractive Tractor Club meeting	18 8:00am- 10:00am ☕ 10:00am EZ Motion 11:00am Wii Bowling 12:00pm FWF Meal 12:45pm Card Game (your choice)	19 8:00am- 10:00am ☕ 12:00pm FWF Meal 1:00pm Otago Class	20
21	22 8:00am- 10:00am ☕ 12:00pm FWF Meal 12:45pm Bingo with Jo Prizes donated by FWF	23 8:00am- 10:00am ☕ 10:00am EZ Motion 11:00am Wii Bowling 12:00pm FWF Meal 12:45pm Card game (your choice)	24 8:00am- 10:00am ☕ 10:00am Knitting Group 12:00pm FWF Meal September Birthday Celebration 1:00pm Horseshoes or Cornhole	25 8:00am- 10:00am ☕ 10:00am EZ Motion 11:00am Wii Bowling 12:00pm FWF Meal 12:45pm Card Game (your choice)	26 8:00am- 10:00am ☕ 12:00pm FWF Meal 1:00pm Otago Class	
28	29 8:00am- 10:00am ☕ 11:30am Display Home Remedies 12:00pm FWF Meal 12:45pm Stories about the Home Remedies	30 8:00am- 10:00am ☕ 10:00am EZ Motion 11:00am Wii Bowling 12:00pm FWF Meal 12:45pm Card game (your choice)	<ul style="list-style-type: none"> • 8:00am- 10:00am EVERYDAY Coffee & Conversation with Linda St. Charles • 10:00am EVERYDAY Visits, news, games, & activities • 12:00pm Monday through Friday Food with Friends Meal at Noon, call 989-875-2135 to make your reservation (See menu on pg. 8.) 		WALK WANDA'S WALK in the Atkinson Park Anytime /Any Day Play Pickleball	EVERYDAY ACTIVITIES Exercise Programs Cards Bingo Music



Senior Activity Building Senior Center & Ithaca Food with Friends News

1101 E North St. Ithaca, MI 48847
Jo Jones, Site Manager 989.875.2135

Welcome to Fall!

Linda St. Charles and many seniors will be happy to welcome you to our Senior Activity Building's *Coffee and Conversation*. You are welcome to share your early mornings with them anytime between 8:00am - 10:00am each weekday morning—but not on Labor Day, September 1st. You may spend just 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!

Please note that the Lions Club continues to invite you to add your no longer used eyeglasses and hearing aids to their new collection box located just inside the east door entrance (underneath the main SAB calendar).

The Monday Nutrition class (September 15th) will include a discussion about *Ways to Reduce Food Waste*. There will be two regular bingo dates this month. Yvette will call the numbers and bring the Schnepp prizes on the 8th. The Food With Friends program will donate our prizes, including the special coverall prize on the 22nd with Jo calling. Our Special Ithaca *Food with Friends Bingo Bash* will be on Friday, the 5th as part of our annual celebration when we recognize our 2nd and 3rd generation Ithaca Food With Friends seniors. The bash will run from 10:20am - 11:30am. At 11:30am we will honor those seniors whose parents, grandparents, aunts and uncles have attended Ithaca Food with Friends

during some of the 47 years that Jo has served as its Site Manager. How old were you 47 years ago? Were you 60 or more?

We hope to welcome Renee Hahn on Monday, the 22nd. Renee always shares her joy of music with us through her violin and guitar talents. She often invites us to sing along with her. A recent discussion around the Food with Friends table evolved into asking you to try to remember your old time remedies and if you could, bring samples to add to our display on the last Monday in September. After our meal, we'll share your stories about these remedies.

On the first Tuesday of September, we invite you to come to our new fall program for women. We are calling it "*Sit-Sip-Chat*" time. We'll have tea and coffee or you can bring your own "filled sip cup". The time is 1:00pm and the chat topics and any possible activity will be whatever you choose..

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 10:00am. Then at 11:00am, the Wii Bowling games begin! We rotate players so that everyone is included in the games. The puzzle table is a gathering place anytime, even while cheering on the bowlers when they get a strike.

Our Senior Activity Building Board meets on Tuesday, the 16th at 1:15pm. You are always welcome to attend SAB Board

meetings. The election of four board members (Class of 2028) will be on October 21st from 9:00am - 1:15pm. The Nomination Committee announces the list of Nominees: Cheryl Hull, Val Melow, Maureen Murphy, Ron Peters, and Joyce Raycraft.

We welcome you to play a game of 5 Crowns on the 4th and again on any of the Tuesdays when card games are scheduled. On Tuesdays the 9th, 23rd, and 30th, card games (your choice) begin at 12:45pm.

Wednesdays are busy with the knitting group at 10:00am and then the horseshoe or cornhole players and cheerleaders pick up the pace at 1:00pm. 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.

Thursday schedules are similar to those on Tuesday. You'll find on the second Thursday that it is time reserved for a movie and popcorn right after our noon meal. We have several movies to choose from.

On the second Friday, September, the 12th, volunteer Joyce Raycraft will check blood pressures from 11:30am - 12:00pm. We welcome our students from Central Michigan at 1:00pm each Friday. They will help you to improve your balance through their exercise program. Our Tuesday and Thursday exercises are stretching exercises. You are welcome to join these classes any

time.

Please reserve your spot for our 47 year Celebration NOW! Reservations will close on Wednesday, September 3rd. Do take another look at the calendar now that you've scanned this September update. Hoping that you will now make your plans to enjoy the Senior Activity Building often. Call to make your reservation for your Food With Friends meals at 989.875.2135.

Ithaca Food With Friends and the Senior Activity Building seniors look forward to welcoming you often.



Senior Activity Building Donors

THANK YOU for your gifts received by the Senior Activity Building from July 16, 2025 through August 14, 2025:

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

GIFTS IN GRATITUDE FOR THE SAB AND LINDA'S COFFEE & CONVERSATION SAB & FWF COFFEE FUND

Cleo Flegel
Larry Ringle
Sondra Schaub
Smith Family Reunion

In MEMORY of AVIS GINTHER

Food With Friends
Mary Sullivan
Joyce Raycraft

In MEMORY of FLORENCE DeVUYST

Bernard & Victoria DeVuyst
Family Reunion

Larry & Susan Ginther & Family
Mike & Cheryl Ginther & Family

Bob & Gail Paradise
Jo Jones

In MEMORY of ANNA DeVUYST

Bernard & Victoria DeVuyst
Family Reunion

Helen Hoard
Bob & Kathy Ginther

Mike & Marci Browne
Jean Bare

In MEMORY of DIANNE BEARD

Willowdean Cassady & Family

Linda St. Charles
Donn & Pat Gates

John & Martha Andrews
Tom & Shelly Alberty

In MEMORY of GAROLD BROWNE

Willowdean Cassady & Family
Marita & Doug Harkness

Beverly Bryant
Joan Sparks

Kathy Barnes
Jerry Clagg

In MEMORY of SHAWN BEARD

Willowdean Cassady & Family

Stan & Joan Oserowsky

In MEMORY of CHRIS SPARKS

Donn & Pat Gates

In MEMORY of LINDA WEBURG

Donn & Pat Gates

In MEMORY of BEV MITCHELL

Donn & Pat Gates

In MEMORY of MARGIE WOODBURY

Jim Somerville

GIFTS RECEIVED AT THE GRATIOT COUNTY COMMUNITY FOUNDATION SENIOR ACTIVITY BUILDING AGENCY ACCOUNT:

Mary Humm

In MEMORY of AVIS GINTHER

Jo Jones

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



Happy September Everyone!

September is here and who is ready for a crisp cool night? Well forget the crisp because that sounds like a bit too cold. However, campfire and a smore does sound amazing! I am so happy to be back into somewhat of a routine. We finally did a few crafts that were on last month's schedule and decorated teacups and saucers with wire and buttons that looked like flowers. They turned out so cute.

We would like to welcome a few new friends who have joined us and we are so happy you ladies are coming. As always, we are looking for new friends to show up at our door. We have played corn hole a couple times and that has been a success. It seems some of the ladies are pulling our legs by saying they aren't good and haven't ever played. However, they proceed to then stick four bags on the board. We've got your number now!

A big thank you to Ithaca Food with Friends for hosting the *BINGO BASH!* It was so fun to see everyone and get to visit friends from the other sites. Thanks, Paula, for calling Bingo, you did a great job!

I am planning a fall scarecrow craft for September, and I think its going to take a few days from start to finish. Its one of my favorite Halloween crafts I have ever made. I will get the kits ready for everyone who signs up. Side note --it may be a bit smaller than the one pictured as I think I will cut it down a bit.

Reminder *LINE DANCING IS BACK!* First day will be September 12TH with Betty Apple

I have to share this next piece because I thought it was funny and truthful...

Even under ideal conditions, people have trouble locating their car keys in a pocket, finding their cell phone, and pinning the tail on the donkey.

But I'd bet everyone can find and push the snooze button from 3 feet away, in about 1.7 seconds, eyes closed, first time, every time!

*Any downtime will be filled in with playing cards, dice, games, corn hole or just visiting.



September 5 th		Celebrate September birthdays
September 10 th		Nutrition talk- Ways to Reduce Food Waste
September 15 th		Schnepps calling BINGO!
September 17 th	11:00am-12:00pm	Start painting a wooden scarecrow craft
September 19 th		Work on wooden scarecrow craft
September 24 th		Finish scarecrow craft
Mondays	10:00am 12:00pm 12:30pm	Sit and Stitch: Bring in a project you're working on. Show off your talents! Lunch Bingo
Wednesdays	10:30-11:00 am 12:00pm 12:30pm	Exercise with Laurels Lunch Games
Fridays	10:00am 12:00pm 12:30pm	Cards Lunch Cards

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



Hello from the Breckenridge/Wheeler Senior Center

We had a very busy, but fun August. A wonderful time was had at the summer Bingo Bash hosted at the Ithaca Senior Center. Our group did a pretty good job at brining our share of prizes home. Also a big thank you again to the Commission on Aging and the Alma Elks for having us all in for our last big summer blast, Some Like it Yacht! Fun was had by us all and the games and music were fun. We are looking forward to what may come next.

We were finally able to get our wreaths done that were rescheduled from July due to some unforeseen incidences. Sorry we don't have pictures, but I will try and get some and publish them next month.

As I said earlier, we are kind of taking it slow this month and are just going to see where we end up and what we end up doing.

Hope you have a wonderful Fall or Autumn which ever you prefer to call the season. Stay safe and don't over due it. Try and enjoy a nice cool evening walk or two and we will see you next month!

Sept 1 Imma Nut Day, let's all be a little nutty!; No Rhyme or Reason Day	10 Swap Idea Day
4 Eat an Extra Dessert Day	12 Chocolate Milkshake Day
5 Be Late for Something Day (just not dinner); Cheese Pizza Day	14 Hug Your Hound Day
6 Fight Procrastination Day, get that job done you been putting off!	18 Rice Krispy Treat Day
9 Teddy Bear Day	19 International Talk Like a Pirate Day

September 12		Nutrition Talk—Ways to Reduce Food Waste (First Friday of the month)
September 17	12:30pm –1:30pm	BINGO with Yevette
Monday		* 10:00am am Dirty Marbles * 12:00 pm Lunch *12:30 pm Euchre/Sevens
Wednesday		* 10:00am am Dirty Marbles * 12:00 pm Lunch *12:30 pm Bingo/Sevens
Friday		* 10:00am am Dirty Marbles * 12:00 pm Lunch *12:30 pm Mexican Train Dominoes



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

September is here bringing with it colder temperatures and a glorious panoramic of color. Oh how I love the sun shining through those colored leaves. Even a rainy day doesn't seem quite so dreary when the trees are in color. It's time for harvest and all that it brings; apple cider and donuts. I hope you all enjoy the spectacular beauty that only the month of September has to offer.

Thanks to Jo Jones and the Ithaca Seniors for hosting Bingo Bash. That was an exceptionally enjoyable event.

September 10th—Festive Fall Bead Craft

September 12th, 17th and 24th WISE Wellness Initiative for Senior Education -They will be speaking on:

- **The Aging Process**
- **Celebrating This Stage of Life**
- **Risk Factors & Behaviors to Avoid to Stay Healthy**
- **Examining Alcohol**
- **Prescription Medications and Over the Counter Medications and How They Affect Seniors Differently and How to Avoid Problems**
- **Tools to Help You Feel More Empowered About Your Health and The Healthcare You Receive.**

BOTTLE CAPS

Yes, we are still collecting bottle caps, just as many as you want to save and drop off to us. Bottle Caps can be dropped off at the Fulton Senior Center any Monday, Wednesday and/or Friday between 10:00am - 2:00pm. We thank all of our friends and community neighbors for their donations.

Thanks to everyone that has come in 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. Books can be dropped of any time Monday, Wednesday and/or Friday between 10:00am - 2:00pm.



SEPTEMBER

MONDAY		WEDNESDAY		FRIDAY	
1	CLOSED FOR LABOR DAY	3	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	5	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
8	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	10	10:00 Festive Fall Bead Craft 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	12	10:00 Cards 11:00 Speaker/ from Wise 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
15	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	17	10:00 Cards 11:00 Speaker/ from Wise 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	19	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
22	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	24	10:00 Cards 11:00 Speaker from WISE 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	26	10:00 Cards 12:00 Lunch 12:30 BINGO
29	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo Nutrition				

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>CLOSED LABOR DAY</p> 	<p>2</p> <p>All American Hamburger Waffle Fries Malibu Vegetable Blend Mandarin Oranges Hamburger Bun</p>	<p>3</p> <p>Meatballs with Mushrooms & Gravy Whipped Potatoes Kyoto Vegetables Vanilla Pudding Apple Slices Wheat Bread</p>	<p>4</p> <p>Lemon Baked Cod Company Potatoes Beets Pears Dinner Roll</p>	<p>5</p> <p>Spaghetti Peas Carrots Peaches Garlic Toast</p>
<p>8</p> <p>Macaroni & Cheese Green Beans Corn Fresh Orange Wheat Bread</p>	<p>9</p> <p>Chicken & Stuffing Casserole Mixed Vegetables Brussel Sprouts Mised Fruit Dinner Roll</p>	<p>10</p> <p>Autum Chicken Roasted Potato Blend Northwest Vegetable Blend Cranberry Mousse Wheat Bread</p>	<p>11</p> <p>Beef Stroganoff Succotash Pears Dinner Roll</p>	<p>12</p> <p>Chili Baked Potato Corn Bread Peaches</p>
<p>15</p> <p>Basil Parmesan Chicken Brown Rice Mixed Vegetables Pineapple Dinner Roll</p>	<p>16</p> <p>American Goulash Sweet Peas Kyoto Vegetable Pears Wheat Bread</p>	<p>17</p> <p>Hot Turkey Sandwich Whipped Potatoes/Gravy Corn Peach Crisp</p>	<p>18</p> <p>Baked Chicken Oven Roasted Potatoes Peas and Carrots Mandarin Oranges Wheat Bread</p>	<p>19</p> <p>Walking Taco w/ Lettuce & Salsa Spanish Rice Corn Fiesta Blend Gelatin Cup Tortilla Chips</p>
<p>22</p> <p>NEW MENU ITEM Chinese Pepper Steak Brown Rice Mixed Vegetables Cinnamon Applesauce Cheese Stick Dinner Roll</p>	<p>23</p> <p>Smothered Chicken California Vegetables Sweet Peas Papaya & Mango Lemon Bar Wheat Bread</p>	<p>24</p> <p>Roast Pork Whipped Potatoes w/Gravy Nantucket Vegetable Blend Leprechaun Fluff Dinner Roll</p>	<p>25</p> <p>Baked Ziti Carrots Brussel Sprouts Peaches Wheat Bread</p>	<p>26</p> <p>Beef Stew Green Beans Biscuit Tropical Fruit</p>
<p>29</p> <p>Sloppy Joe on a Bun Roasted Sweet Potatoes Mixed Vegetables Apple Slices</p>	<p>30</p> <p>Chicken w/ Broccoli & Cheese Sauce Brown Rice Spinach Applesauce Yogurt Wheat Bread</p>	<p>Menus are Subject to Change Without Notice</p>	<p>Milk provided with all meals</p>	<p>Suggested Donation \$2.50</p>

To CANCEL your Home Delivered Meal or to make a reservation for a meal at a Food with Friends site, please call the Commission on Aging 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.

Helen & Viola looking at the mystery puzzle



Abi and Grandma sing a duet.



Lauren's travel program



Celebrating Linda's Birthday



Celebrating Linda's Birthday



Celebrating Linda's Birthday



Celebrating Linda's Birthday



August birthdays celebrated by Cheryl, Cleo, Helen and Tricia (Not pictured)



Penny asks knitting group to assist with a project for children.





Are you 60 or older and looking for an opportunity to learn how to stay healthy & meet new people? If so, join us for the WISE Program!

This FREE 6 WEEK program offers 6 lessons that cover a wide range of topics. Join us for this fun program where you will meet new people and:

- Learn about the aging process and how to make healthy lifestyle choices
- Celebrate this exciting stage of life & all the benefits that come with it
- Discuss risk factors & behaviors you should avoid to stay healthy
- Examine how alcohol, prescription medications & over the counter medication affect seniors differently & how you can avoid problems
- Learn how to use simple tools to help you feel more empowered about your health & the healthcare you receive.

To register for this FREE training call or email Sara Krebs at 989-463-1422 or sara@childadvocacy.net

WISE will be held on the following dates from 11am-12pm

- Wednesday, August 20th @ 11am
- Wednesday, August 27th @ 11am
- Wednesday, September 3rd @ 11am
- Friday, September 12th @ 11am
- Wednesday, September 17th @ 11am
- Wednesday, September 24th @ 11am

All sessions will take place at the Fulton Senior Center
Fulton Township Hall
3425 W. Cleveland Rd (M57)
Perrinton, MI 48871



HAVING SUICIDAL THOUGHTS? ASK FOR HELP NOW.



Gratiot County Commission on Aging
Nutrition Advisory Council
Notice of Meeting
Monday, October 20, 2025—11:00am
Breckenridge/Wheeler FWF @
Wheeler Twp Hall 8510 E. Monroe Rd (M46)
Wheeler, MI
If attending please RSVP to reserve
lunch @ 989-330-7508

JOIN OUR ART EXPLORATIONS CLASS

Come Curious - Leave Inspired

Here is your chance to explore different art forms without having to commit to just one. No prior experience needed - just a willingness to try something new.




Second Thursday of each month
1:00 - 3:00
\$20 per class

Check our website for registration or call to reserve your spot

WHAT TO EXPECT

- Guided Instruction
- Diverse Media
- Community

Spots fill quickly!

www.alma-cac.org
989-463-8366

ALMA COMMUNITY ART CENTER

Come Curious - Leave Inspired

Whether you're a seasoned painter or simply looking for a new way to express yourself, the Alma Community Art Center has a new class that's perfect for anyone who's creatively curious.

The **Art Exploration** class is a monthly creative experience designed to let participants dip their toes into a wide variety of artistic media. Held on the second Thursday every month, each session focuses on a different medium—from watercolor and collage to clay, acrylic, mixed media, and beyond. It's an ideal way to discover new passions or reconnect with your artistic side in a welcoming, no-pressure environment.

"This class is all about discovery," said Diane Clise, founder and president of the Alma Community Art Center. "We want to give people the chance to explore different art forms without having to commit to just one. You don't need any prior experience—just a willingness to try something new."

Art Exploration is open to adults and teens and offers all necessary supplies and tools, so participants only need to bring their creativity and curiosity. It's perfect for individuals looking for a fresh hobby, friends wanting to try something new together, or anyone in the community eager to engage with local art opportunities.

Each class is led by a skilled local artist who brings their own expertise and energy to the session, ensuring that no two months are ever the same.

The next Art Exploration class will be held on September 11th, from 1:00 - 2:30pm, and every second Thursday through December. Spots tend to fill quickly and only cost \$20 per session. For registration and more information, visit www.alma-cac.org or call (989) 463-8366.

Come curious—leave inspired.

Commodity Food Distribution Date

Commodities distribution will be on **Wednesday, October 15, 2025. (Receive Oct and Nov 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 **10:00am am to 12:00 pm.** or at Commission on Aging, 515 S. Pine River St., Ithaca from **12:30 to 2:30 p.m.**

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

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.

Alma Teacup Crafts



Memorials

Commission on Aging

Mary M. Slater
 Anita Tanner
 Ann C. Slater
 Cherie Yost & Family
 Robinn & Mike Boyer
 Nancy & Charley Boyer
 Deb & Hugo Garofalo
 Melissa & Patrick Boyer

Robert Neitzke
 Cheri and Tammy Neitzke

Chris Sparks
 Timothy & Colleen Boyer

Danny Curtiss
Pat Vernon
 Donn & Patricia Gates

Betty Black
 Randy & Diane Flegel
 Lori Hill
 Elaine (Smith) Kooy
 Todd & Paula Moegenborg
 Dan & Denise Rossman

Senior Gratiot

Dianne Beard
Marzella Hoard
 Donn and Patricia Gates

John Stoll Sr.
 Sally, J.C., Amy, and Nolan Stoll

Alice Schafer
 Alan and Pam Schafer

Robert E. Ward
 Doris E. Ward & Family

Thank you for your support and generous donations.

Donations

Senior Gratiot

Rosemary Buhl
 Gretchen G. Harrison
 Sally Martin
 Beatrice R. Cremin
 John & Marie Green

COA

Richard and Joanne Green
 Mildred Reeves
 Marty Peet
 George Bailey



FOR IMMEDIATE RELEASE:
 August 6, 2025

Media Contact:
 Danny Wimmer

Fillable Power of Attorney Forms Now Available on Department of Attorney General’s Website
 LANSING – Michigan Attorney General Dana Nessel announced today that free, fillable Power of Attorney forms are now available for download on the Elder Abuse Task Force’s webpage. These user-friendly forms were prepared by the Kimble Center for Legal Drafting at Cooley Law School. The forms make it easier for Michigan residents and their family members to appoint a trusted individual to make important financial and medical decisions on their behalf if they become unable to do so.

“These forms will help people exercise their rights and protect themselves and their family members from potential abuse or exploitation,” Nessel said. “We are grateful to the Kimble Center for Legal Drafting for making them accessible to the public.”

In 2024, the Elder Abuse Task Force successfully advocated for legislation that updated Michigan’s Power of Attorney statute under the Uniform Power of Attorney Act. Attorney General Nessel [recently released a public service announcement explaining the new law](#). While the law includes a statutory form, it is not downloadable or fillable. The forms provided by the Kimble Center for Legal Drafting are fully compliant with the new statute.

The newly available forms include:
[Finances Power of Attorney \(PDF\)](#): This form lets users decide who makes financial decisions for them if they can’t make them for themselves.
[Medical Power of Attorney \(PDF\)](#): This form lets users decide who makes health-care decisions for them if they can’t make them for themselves.

Michigan’s Power of Attorney statute is one of the major accomplishments of the Elder Abuse Task Force. Michigan’s Elder Abuse Task Force launched in 2019 and consists of more than 55 different organizations in the public, private, and nonprofit sectors – all working together to combat elder abuse. The more than 100 individuals on the Task Force are divided into seven committees working diligently to [accomplish nine initiatives \(PDF\)](#), including requiring certification and training for professional guardians.

Another achievement includes the adoption of a [Vulnerable Adult Incident Report form](#) for investigations by law enforcement across the state, including the implementation of related trainings. The Task Force has trained hundreds of police officers, prosecutors and Adult Protective Services workers. The training videos have been viewed thousands of times. In addition to the vulnerable adult incident report and associated trainings, the Financial Exploitation Prevention Act was passed that ensures mandated reporting for financial institutions on suspected fraud or exploitation. Financial advisors and securities brokers were also added as mandatory reporters in a separate law.

More than 100,000 older adults in Michigan are victims of elder abuse. They experience abuse, neglect, and exploitation. Michigan residents seeking elder abuse resources are encouraged to call 800-24-ABUSE (22873), or 855-444-3911 to report suspected elder abuse.

