



As 2025 draws to a close, The Senior Gratiot Inc. Board would like to thank you for subscribing to the Senior Gratiot newspaper, as well as the many donations that keep the paper going strong.

We hope you enjoy the information provided on a monthly basis and benefit from the many programs and articles being offered.

Sincerely—The Senior Gratiot Inc. Board



The Commission on Aging was selected by the Alma Meijer Team to receive a \$5000.00 check from the annual Meijer Team Gives program. The program directs millions of dollars to community-based organizations that provide critical services. Thanks is given to Meijer for their continued support of the Commission on Aging mission.

SENIOR GRATIOT

Published by Senior Gratiot, Inc. A non-profit organization, in cooperation with Gratiot Commission on Aging
Website: www.gratiotmi.com/Archive.aspx?AMID=37

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

December 2025
Volume L
Number 12

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

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: \$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

- Brenda Pratt, District 1
- Yvette Franco-Clark, District 2
- Paul Showers, District 3
- David Kimball, District 4
- Gail Paradise, District 5
- Dale Clingenpeel, Member at Large
- Nancy Gott, Member at Large
- Nancy O'Brien, Member at Large
- Indira Saxena, Member at Large
- Hillary Shemes, Member at Large
- Sally Stoll, Member at Large
- 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

Social Security Announces 2.8 Percent Benefit Increase for 2026

Social Security and Supplemental Security Income (SSI) benefits for approximately 75 million Americans will increase 2.5 percent in 2026, the Social Security Administration announced.

The 2.8 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 71 million Social Security beneficiaries in January 2026. Increased payments to approximately 7.5 million SSI beneficiaries will begin on December 30, 2025. (Note: some people receive both Social Security 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.

Social Security and SSI beneficiaries are normally notified by mail starting in early December about their new benefit amount.

Information gathered from

www.ssa.gov



Navigating Medicare

November 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, Nora Kowitz, Sherry Hurt, Irene Oliver Peck, Carole Moore, Nancy Crispin, Tami Coe, Connor McMurphy, William Smith, Landyn Saxton, Audrie Heinze, Alyssa Polash, Harper Merchant, Aiden Brewer, Devyn Fisher

VOLUNTEER ACTIVITY December 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 December 17, 9:00-11:30am

Mitten Makers/Hats Galore Knit-In

Commission on Aging in Ithaca
Third Thursday of every month

Next meeting - December 18, 9:00-11:30am

Senior Gratiot Newspaper Prep Team

Commission on Aging in Ithaca
December 29, 9:00 - 11:00am

Snow Removal Service

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

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

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



Medicare D Open Enrollment Period Ends Soon

The Medicare D Open Enrollment Period ends December 7th. During this time, one can review their current Medicare D plan or enroll into a plan, if they have not done so already.

The Gratiot County MMAP program has assisted many beneficiaries this year, and unfortunately, we do not have any openings left. This does not mean that one still cannot review or enroll into a plan for 2026. Other ways to review plans include: going online to www.medicare.gov, contacting Medicare directly at 1-800-633-4227, or by contacting your current plan.

If you are satisfied with your current plan and that plan is offering coverage for next year, you don't need to do anything, it'll automatically continue into next year.



2026 Medicare Part A & B Premiums and Deductibles

The Standard monthly premium for 2026 Medicare B enrollees will be \$202.90, an increase of \$17.90 from \$185.00 in 2025. The annual deductible for Medicare B beneficiaries will be \$283 in 2026, an increase of \$28 from the annual deductible of \$257 in 2025. After that point, Medicare pays 80% of the Medicare approved amount.

For the Medicare Part A, this is the inpatient hospital coverage, skilled nursing facility coverage, and some home health care services. About 99 percent of Medicare beneficiaries do not pay a Part A premium since they have at least 40 quarters of Medicare-covered employment. The Medicare Part A annual deductible that beneficiaries pay when admitted to the hospital will be \$1,736 in 2026, an increase from the \$1,676 in 2025.

For beneficiaries in skilled nursing facilities, the daily co-insurance for days 21 through 100 in 2026 will be \$217/day (For 2025 this amount was \$209.50/day).

Information from CMS (Centers for Medicare & Medicaid Services) "2026 Medicare Parts A & B Premiums and deductibles 2026 Medicare Part D Income-Related Monthly Adjustment Amounts".



Navigating Medicare

★ MAGIC SHOW ★

FEATURING: CHRISTIAN RASMUSSEN

HOLIDAY EXTRAVAGANZA
DECEMBER 3, 2025

Fulton Township Hall / Fulton Senior Center
3425 W. Cleveland Rd M-57, Perrinton, MI

Deadline to RSVP November 24, 2025
Call 989-875-5246

- * Hot Turkey Sandwich
- * Mashed Potatoes & Gravy
- * Green Beans
- * Hot Cherry Cobbler W/Vanilla Ice Cream

Doors Open: 11:00am
Lunch Served: 12:00pm
Show Starts: 12:30pm

Suggested donation over 60: \$3.00
Fee for under 59: \$6.00

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

Senior Activity Building

December 2025

Senior Center Ithaca Food with Friends

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:00-10:00am ☕ 11:50am Nutrition Class 12:00pm FWF Meal Decorate tree	2 8:00-10:00am ☕ 10:00am EZ Motion 11:00am Wii Bowling 12:00pm FWF Meal 12:45pm 5 Crown cards	3 8:00-10:00am ☕ No Knitting/Cornhole FWF at Fulton Magic Show Holiday Extravaganza 7:00pm A-Tractive Tractor Club meets	4 8:00-10:00am ☕ 10:00am EZ Motion 11:00am Wii Bowling 12:00pm FWF Meal 12:45pm More Wii Bowling	5 8:00-10:00am ☕ 11:30am Blood Pressure checks by Joyce 12:00pm FWF Meal 1:00pm Otago Class	
7	8 8:00-10:00am ☕ 12:00pm FWF Meal 12:45pm Bingo with FWF prizes 2:00pm Just For Fun Dulcimer Club	9 8:00-10:00am ☕ 10:00am EZ Motion 11:00am Wii Bowling 12:00pm FWF Meal 7:00pm VFW Post 7805	10 8:00-10:00am ☕ 10:00am Knitting group 12:00pm FWF Meal Celebrate December Birthdays 1:00pm Cornhole	11 8:00-10:00am ☕ 10:00am EZ Motion 11:00am Wii Bowling 12:00pm FWF Meal 12:30pm Ithaca High School Play Preview	12 8:00-10:00am ☕ 12:00pm FWF Meal 1:00pm Otago Class	13 1:00-3:00pm The Rambler Family Band Great music for Dancing or listening! Cookies and coffee!
14	15 8:00-10:00am ☕ 11:00am Two Outlaws & A Good Guy 12:00pm FWF Meal 12:45pm More music!	16 8:00-10:00am ☕ 10:00am EZ Motion 11:00am FWF Advisory Meeting 12:00pm FWF Meal 1:15pm SAB Board meets today	17 8:00-10:00am ☕ 10:00am Knitting Group 12:00pm FWF Meal Holiday Dinner 1:00pm Cornhole	18 8:00-10:00am ☕ 10:00am EZ Motion 11:00am Wii Bowling 12:00pm FWF Meal 12:45pm Movie	19 8:00-10:00am ☕ 12:00pm FWF Meal 1:00pm Otago Class	
21	22 8:00-10:00am ☕ 12:00pm FWF Meal 12:45pm Bingo with FWF prizes	23 8:00-10:00am ☕ 10:00am EZ Motion 11:00am Wii Bowling Holiday Snacks 12:00pm FWF Meal	24 HOLIDAY No FWF SAB Closed today	25 HOLIDAY No FWF SAB Closed today	26 CLOSED	
28	29 8:00-10:00am ☕ 12:00pm FWF Meal 12:45pm Card game of your choice	30 8:00-10:00am ☕ 10:00am EZ Motion 11:00am Wii Bowling 12:00pm FWF Meal 12:00 pm Raising Cane!	31 Happy New Year No FWF today SAB Closed today	WALK WANDA'S WALK in the Atkinson Park Anytime /Any Day Play Pickleball	<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.) 	



Senior Activity Building Senior Center & Ithaca Food with Friends News

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

Thanks to our Food with Friends kitchen crew! We appreciated the delicious Thanksgiving meal and the effort you put into our FWF meals everyday. Also, thanks to our Food with Friends seniors who provided our many pies enjoyed at the Food with Friends Thanksgiving dinner.

The month of December is filled with many special opportunities to enjoy music and fun. The Senior Activity Building Activity Committee will host the *Rambler Family Band* from the Mt. Pleasant area on *Saturday, December 13th from 1:00-3:00pm*. They will play a variety of music for your enjoyment. If you want to dance, we'll have the floor ready for you. 'Tis the season to sample some cookies and coffee provided by our seniors. The Rambler Family Band is being sponsored through a memorial to Gary Hill. The band will have a tip jar available if you want to express your appreciation to them.

Come to our building's *Coffee and Conversation* each morning from 8:00-10:00am. Linda St.Charles and the "regulars" will be happy to welcome you! Come anytime between 8:00-10:00am and stay for a few minutes or for two hours.

Please note that the Lions Club still invites you to bring your no longer used eyeglasses and hearing aids to their collection box located in the Senior Activity Building near the east

door entrance.

Another special program for *December 15th* will be enjoying the music of our friends, "*Two Outlaws and a Good Guy*" from Midland. This will be their 36th visit to Ithaca Food with Friends. Their cowboy music begins at 11:00am. After our meal, they will share a few more songs.

There is a date set for our December birthday party – Wednesday, the 10th at noon. Please do let us know if you'll also be celebrating with us on your actual birthday. The coffee fund will fund your Food with Friends meal on your actual birthday.

The Monday Nutrition class will be a discussion about what foods we all should have on hand for emergencies. Monday Bingo dates in December are the 8th and 22nd at 12:45pm. Thanks to the Food with Friends program for all of the Bingo prizes. On the last Monday you will be choosing the card game.

Tuesdays are active days! The EZ Motion class and the Wii Bowling seniors are happy to welcome even more seniors. We plan to find ways to partner so everyone gets to bowl. Cheerleaders make the bowling more enjoyable. Our Senior Activity Building Board meets at 1:15pm on the 16th. On the last Tuesday we welcome the new year as we raise cane and enjoy some snacks. Bring your canes and tell us their story. This is another

Ithaca Food with Friends tradition that was begun many years ago.

Wednesdays are busy with the knitting group at 10:00am and then the Cornhole players and cheerleaders pick up the pace at 1:00pm. You are welcome to attend these and all activities and classes each day. Please join us on the first Wednesday when we go to the Fulton Food with Friends site for a meal and special Magic Show program. The building is only open from 8:00 -10:00am for the *SAB Coffee and Conversation* on the 3rd. No knitting group or Cornhole that day.

Thursday schedules are similar to those on Tuesday but you'll find a *Movie and Popcorn* on the second Thursday. The other Thursdays you'll find more Wii Bowling after our meal.

The first Friday, Joyce Raycraft is available to check your *blood pressure* at 11:30am. The Central Michigan students hopefully will be back to lead the Otago Class that stresses exercise 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 update. Hoping that you will now plan to enjoy being with us at the Senior Activity Building. Call to make your reservation for Food with Friends meals. 989.875.2135

May the time with your family and friends bring joy this Holiday season.



Senior Activity Building Donors

THANK YOU for your gifts received by the Senior Activity Building from October 16, 2025 through November 13, 2025: Thank you to our Volunteers (named and unnamed) who take care of our Building daily.

GIFTS IN GRATITUDE FOR THE SAB

Bill DeVuyst
Bonnie Coon

In HONOR of ALL SAB VOLUNTEERS
Diane Yonker

In HONOR of LINDA ST. CHARLES
Trick or Treat Pancake Group Breakfast

In MEMORY of LOIS PITCHER
Donn & Pat Gates

In MEMORY of CHARLIE WILHELM
Edith Beck & Sheryl Mason

In MEMORY of AVIS GINTHER
Florence DeVuyst Family

In MEMORY of JIM LUDWICK
Mary Sullivan
Florence DeVuyst Family
Joyce DeVuyst
Food With Friends
Bill & Linda DeVuyst
Linda St. Charles

In MEMORY of JEAN BARE
Bob & Gail Paradise
Food With Friends
Linda St. Charles
Jo Jones

In MEMORY of MINNIE FREED
Linda St. Charles
Bill & Linda DeVuyst
In MEMORY of SUE CHAFFIN
Linda St. Charles
Donn & Pat Gates

In MEMORY of EMMA BRANDAL
Donn & Pat Gates

In MEMORY of ROBERT MASON
Sheryl Mason & Family

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

Mary Humm

In MEMORY of JEAN BARE
Jo Jones

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

Sue Waber, Site Manager 989.875.9118



Hello my friends! Hope you all had a wonderful Thanksgiving with family and friends. Here we are with another year coming to a close. First off, in this season of joy and togetherness, I want to take a second and wish each and every one of you peace, joy, and health.

As a reminder, with the chill in the air; stay bundled, watch your step, and stay hydrated. If you're worried about another winter coming and being bored stuck inside, now would be a great time to come join us. We can certainly fill your boredom with great company, activities, and get in a little exercise. We would love some new friends!

This last month we were busy making stacking pumpkins out of dryer vent hoses. These turned out so darn cute! Thank you, Tracy, for the idea and coming to help everyone complete their project. A huge thank you also to Alma Chrysler Jeep Dodge Ram for coming in and painting pumpkins with us. Everyone enjoyed themselves with painting their own designs.

Reminder to all about the **"Magic Show" Dec. 3rd located at the Fulton Township Hall (3425 Cleveland Rd Perrinton)** as it is sure to be a fun time. The kitchen has a yummy meal planned! Doors open at 10:00am, lunch at noon then the show starts at 12:30pm.

This month we will be painting a winter pine tree scenery on canvas. Let me know by calling the number above or stopping in, if you would like to join so I can be sure to have enough supplies. This is a beginner craft with easy painting that will look great.

Bingo with Schnepps calling is currently on hold. We will hear from them in the future on plans to return.

I want to tell everyone how grateful I am to have you all in my life as this past year has been a difficult one. I feel I am finally getting back to somewhat normal. The tears still flow because I miss my parents dearly. However, I know it will take time and your kindness and caring words have meant the world to me. Thanks to everyone! I surely had the best role models a girl could ask for.

HAVE THE BEST HOLIDAY EVER AND A HAPPY NEW YEAR!

Wed 12/3/25	10:00am	Alma site closed as we will be at Fulton site for the Magic Show
Wed 12/10/25	11:15am	Canvas painting winter pine tree scene
Fri 12/12/25		Nutrition talk– What Foods to Have on Hand for Emergencies
Mon 12/15/25		Celebrate Dec. birthdays
Wed 12/17/25	Noon	Holiday lunch/party at the Filling Station
Wed 12/24/25		Site Closed
Wed, 12/31/25		Site Closed
	12:00pm	Lunch
	12:30pm -1:30pm	Bingo every Monday
Wednesdays	10:30am -11:00am	EZ Motion with Laurels of Fulton
Fridays	10:15am -11:15am	Line Dancing with Betty Apple –No Line Dancing Fri. Dec. 26th

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

Lori Chvojka, Site Manager 989.330.7508



Where did this year go? They say time flies when you are having fun. We sure must have had a blast as it sure flew by fast! With that being said, the Holiday season is in full swing. Thanksgiving has pasted, and I hope all had as great a Thanksgiving as I did. There is nothing better than spending the Holidays with people we love.

The Holidays are a mere few weeks away; do you have your shopping done yet? As for me, I haven't even started. But that is not what The Holidays are truly about. We should use this time to remember the ones we lost and are no longer with us, and to cherish the ones who are. I am thankful for all the wonderful friends that I have at my site, the people I work with, as well as my wonderful family. To me, that is what the Holidays are about.

We had a fun November making our cute bottle snowmen and I have enclosed some pictures. I hope you enjoy seeing them and maybe it will give you the incentive to come join us for a craft and lunch. We are always looking for new friends to join us. This month we have a few crafts planned. See the schedule below to find out what they are and when. Like always, just give me a call at 989-330-7508 or 989-875-5246 and let me know what you want to do and I will get you on the list for a craft and lunch. If you are not a crafter, that's ok, just come see what we have to offer and enjoy lunch with us.

Have a great Holiday Season from all of us at Breckenridge/Wheeler FWF Site.

See you next year!

Lori Chvojka

Breckenridge/Wheeler Site Manager

December 3	11:00am	Greatest Magic Show and Holiday Party at Fulton FWF		
December 5		Nutrition Talk—What Foods to Have on Hand for Emergencies		
December 10	12:30pm	Celebrating December Birthdays		
December 17		Craft Check with Tracy - Painting Holiday door hangers		
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

ALMA FOOD WITH FRIENDS CRAFTS AND FUN

Upcoming December Craft



Mary Vanhorn



Crafting Fun



Judy Stearns and Sandy Brenner



Crafting Fun



Fulton Senior Center

Fulton Township Hall, 3425 W. Cleveland Rd., Perrinton

Irene Noffsinger, Site Manager 989-236-5019



Here we are at the tail end of another year. Somehow it flew by again. As we look forward to the next month, once again, I feel the same excitement I did as a little girl. I love all the festivities. From the anticipation of outdoor lights going up and Holiday trees in the windows, to shopping for the special gift that you just know will make someone you care about really happy. Then there are the gatherings to share some awesome food and fellowship. I love those days. There is nothing more special than sharing a meal and spending time with the people you love. I hope you all have a wonderful Holiday Season. Thank You for making the past year so much fun at the Fulton Senior Center.

CRAFT: We will be painting the wall plaques that each of you have chosen. If you haven't picked one out and would like to paint one, there will be some on hand to choose from. Reservations for this craft are required. You can either sign up at the Fulton Senior Center or call and leave a message at 989-236-5019.

BOTTLE CAPS

- Update: Wayne Wentworth has turned in 155 lbs. of bottle caps since August. These continue to go towards building a playground for the R. B. Boys school in Ionia.
- Bottle Caps can be dropped off at the Fulton Senior Center any Monday, Wednesday, and Friday between 10:00am and 2:00 pm.

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. These can be dropped of any time Monday, Wednesday, and/or Friday between 10:00 am and 2:00 pm.

DECEMBER

MONDAY		WEDNESDAY		FRIDAY	
		DEC 3RD	11:00am DOORS OPEN FOR OUR HOLIDAY MAGIC SHOW	DEC 5TH	10:30am EZ MOTION CHAIR EXERCISES 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
DEC 8TH	10:00am Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	DEC 10TH	10:00am Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo Nutrition Talk: What food to have on hand for emergencies	DEC 12TH	10:30am EZ MOTION CHAIR EXERCISES 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
DEC 15TH	10:00am Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	DEC 17TH	10:30am CRAFT / PAINTING WALL PLAQUE Lunch/HOLIDAY DINNER 12:30 Euchre, Dice, Skip Bo	DEC 19TH	10:30am EZ MOTION CHAIR EXERCISES 12:00 Lunch 12:30 BINGO
DEC 22ND	10:00am Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	DEC 24TH	CLOSED	DEC 26TH	CLOSED

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken/Broc/Cheese Brown Rice Brussel Sprouts Peaches Grape Juice Wheat Bread	2 American Goulash Kyoto Vegetable Peas Tropical Fruit Wheat Bread	3 Hot Turkey Sandwich Whipped Potatoes w/Gravy Green Beans Mandrin Orange Wheat Bread Cherry Cobbler	4 Potato Crunch Pollock Garden Brown Rice Malibu Vegetable Blend Fresh Orange Wheat Bread	5 Chili Baked Potato Tossed Salad Pineapple Corn Bread
8 BBQ Chicken Whipped Potatoes Carrots Tropical Fruit Dinner Roll Chocolate Chip Cookie	9 Beef Stew Broccoli Roasted Apples Dinner Roll	10 Sloppy Joe w/Bun Redskin Potatoes Green Beans Peaches Oatmeal Rasin Cookie	11 Chicken Parmesan Kyoto Vegetable Broccoli Peaches Dinner Roll	12 Breakfast Casserole Sausage Links Roasted Apples Cinnamon Muffin Orange Juice
15 Baked Ziti Casserole Carrots Spinach Tropical Fruit Wheat Bread	16 Autum Chicken Squash Nantucket Blend Vegetables Mandarin Oranges Wheat Bread Chocolate Chip Cookie	17 HOLIDAY DINNER Baked Ham Whipped Sweet Potatoes Green Bean Casserole Jello Cake Dinner Roll	18 Chicken A LA King Mixed Vegetable Winter Blend Pears Biscuit Oatmeal Raisin Cookie	19 Meat Loaf Whipped Potatoes Corn Cinnamon Applesauce Dinner Roll
22 Pizza Casserole Broccoli Green Beans Peaches Dinner Roll	23 Salisbury Steak Whipped Potatoes Scandinavian Vegetables Mixed Fruit Cup Wheat Bread	24 	25 	26 
29 Chinese Pepper Steak Brown Rice Mixed Vegetables Cinnamon Applesauce Dinner Roll	30 Spaghetti Carrots Brussel Sprouts Peaches Wheat Bread	31 	Closed 	Milk is provided with all Meals Suggested Donation is \$3.00

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.

Christmas Day Dinner

Hosted by Alma Elks

610 W. Warwick Dr., Alma
989-463-1400

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

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

The meal is free of charge, however donations will be accepted. The menu will be ham, scallop potatoes, vegetable, roll, and dessert.

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

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

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

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 made available by various grants.



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.

Important note: The location of the installed grab bar will vary depending on the layout of the home.



Commodity Food Distribution Date

Commodities distribution will be on **Wednesday, December 10, 2025** 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 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



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.

CANDY CANE

Word Search

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



CANDY CANE	HARD CANDY	POLKAGRIS	SWEET
CHRISTMAS	HOLIDAY	RED	SWIRLED
CONFECTION	HOOKED	STICKY	TRADITION
CRUNCHY	LOLLIPOP	STOCKING	TREAT
DECORATION	ORNAMENT	STRIPED	TWIRLED
FESTIVE	PEPPERMINT	SUGAR	WHITE



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:

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.

- 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
- How depression fits into Dementia

MEMORIALS

COMMISSION ON AGING

Lois Pritchard
Larry Hanley
Al Stevens
 Roberta Charney

Allen Stevens
 Janet Gault
 Nancy Stark

Emmie Brandal
 Barb & Mike Kench
 Linda & Wayne Stover
 Colleen & Mark Truxell
 Cathy & Dave Rowley

Eleanor O'Boyle
 Bernard & Linda DeVuyst

Wanda Whitaker
Jeff Zoss
Judy Adams
Bonnie Barnes
Kent Moore
Shirley Morrison
Michael Bouchey
Emma Lou Brandall
 Darvis & Pam Lavoy

Janet Davis
 Kim Diffin
 Dave & Kris Rayburn

Hazel Clagg
 Jerry Clagg

SENIOR GRATIOT

Greg Clark
 Darrell & Karen Hundey

Cy Valliere
Marlene Davenport
 Bob & Kathy Martin

Darlene Cross
 Joyce Smith

Arlene Flegel
Jerry Beck
 Nola & Ken Owen

Bonnie Smith
 Robert J. Smith

Vinola Martin
 Nancy Francetic

Deceased of my family
 Mary Siler

Shirley & Sam Ortisi
 Tom Mueller

Marion E. Brown
 Joanna C. Brown

Charles & Anna Malek
Jerry Malek
Joseph Malek
Bob Malek
Charles Malek Jr.
Mary Ann Malek
John Stoll
 Ruth Malek

Jean Bush
 Rachel Musselman

Venetta & Kenneth Parling
Marcella Hamlin Mansfield
 Cathleen Lucas

Thank you for your support and generous donations.

DONATIONS

SENIOR GRATIOT

Roberta Charney
 Senior Activity Building Board Inc.
 Cindy Johnson
 Anna Beals
 Sue Collins
 Nancy Loomis
 Peggy Trgina
 Judith Eichorn
 Jo Ann Smolka
 Pamela Babcock
 Kathy Boyer

COA

Richard and Joanne Green
 A. Dean Parling, Jr.
 Chuck & Ruth Head
 Bernard J Winn
 Ronald & Cheryl Krautstrunk
 Barbara Powers
 Marjorie Ebnit
 Aleatha Foote
 John Davis

FUN AND GAMES AT THE ITHACA SENIOR ACTIVITY BUILDING

Halloween FWF Fun



Halloween FWF Fun



Trick or Treat Pancake Breakfast Cook Linda



Diane Donates Her Hand Painted Pumpkin



Trick or Treat Pancake Breakfast



Nancy Shares Her Crafts with Knitting Group



Jeff Rayburn Leads the Sweet Adelines



November Birthdays Celebrated by Donna, Tamey, and Nancy



Irene and Tracy Serve Cider & Donuts



Mary, Jack, and Lou with Jacks Hand Crafted Flag Made by Shark Tooth Workshop



Jo and Tracy



Mary gives Jim His Handcrafted Flag Made by Shark Tooth



Seniors Enjoying the Music



Trick or Treat Pancake Breakfast



FUN AT BRECKENRIDGE/WHEELER FOOD WITH FRIENDS

