

JANUARY

Homestead Property Tax & Home Heating Credit Information

The Commission on Aging Staff and Volunteers will provide assistance with Homestead Property Tax and Home Heating Credits. Below, we have listed qualifications as well as documentation required. Please read through the information, review the schedule, and then contact the Commission on Aging at 989-875-5246 to schedule an appointment at any one of the sites listed. **Appointments are required!** We look forward to assisting you with this process.

Homestead Property Credit Qualifications:

- Homeowner's property taxes must be higher than 3.5% of the homeowner's income
- Renters, usually 20% of your rent is considered your share of property tax

Home Heating Credit Qualifications:

- A person aged 65 and over must have an income that is less than the income guidelines (The State of Michigan does not give income guidelines to tax preparers until mid-January)

Bring these verifications to your scheduled Tax Credit Appointment

- All income for 2018 (Social Security, pensions, interest, farm income, etc.)
- Property Tax Statements (Homeowners only)
- Proof of heat cost for 2018 (Consumers customers bring December 2018 bill. Fuel/Propane customers bring heat expenses dating between 11/01/2017 through 10/31/2018)
- Medical Supplemental Health Insurance Premiums
- Automobile Insurance (Only the Personal Injury Protection amount is a deduction)
- Rent Payments (Rent paid to a landlord, or lot rent paid to a mobile home park) Rent verification is not needed if you live in a subsidized housing complex

TAX CREDITS!

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2018 TAX CREDIT APPOINTMENT DATES

<p>Senior Center 1329 Michigan Ave., St. Louis Tuesday, January 29th 9:00 a.m. — 2:00 p.m.</p>	<p>Park Colony 935 E. Arcada, Ithaca Tuesday, February 12th 1:00 p.m. — 2:30 p.m.</p>
<p>Commission on Aging 515 S. Pine River, Ithaca Wednesday, January 30th 9:00 a.m. — 2:00 p.m.</p>	<p>Fulton Food With Friends 3425 W. Cleveland (M-57), Fulton Wednesday, February 13th 10:00 a.m. — 11:00 a.m.</p>
<p>Heather Court 400 E. Warwick Dr., Alma Tuesday, February 5th 10:00 a.m. — 11:30 a.m.</p>	<p>Sumner Food With Friends 10820 Pine St., Sumner Wednesday, February 13th 12:30 p.m. — 1:30 p.m.</p>
<p>Pine Villa 425 E. Warwick Dr., Alma Tuesday, February 5th 1:00 p.m. — 3:00 p.m.</p>	<p>Tartan Terrace Apartments 400 E. Warwick, Alma Thursday, February 14th 9:30 a.m. — 11:00 a.m.</p>
<p>St. Louis Housing 308 S. Delaware St., St. Louis Wednesday, February 6th 10:00 a.m. — 11:30 a.m.</p>	<p>Scottish Pines Apartments 1575 Pine Ave., Alma Thursday, February 14th 1:00 p.m. — 2:30 p.m.</p>
<p>Greenlund Place 129 Michigan Ave., St. Louis Wednesday, February 6th 1:00 p.m. — 2:30 p.m.</p>	<p>Senior Center 1329 Michigan Ave., St. Louis Tuesday, February 19th 1:00 p.m. — 3:00 p.m.</p>
<p>Breckenridge Food With Friends 122 E. Saginaw St., Breckenridge Thursday, February 7th 10:00 a.m. — 11:30 a.m.</p>	<p>Commission on Aging 515 S. Pine River, Ithaca Wednesday, February 20th 9:00 a.m. — 3:00 p.m.</p>
<p>Pinestead Apartments 224 Pine St., Breckenridge Thursday, February 7th 1:00 p.m. — 2:30 p.m.</p>	<p>**Donations are encouraged to help Commission on Aging pay for postage to mail Tax Credit forms to Lansing**</p>

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

January 2019
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Thank You!



On November 17th, the St. Louis CSA (Czechoslovak Society of America) held a chili cook-off. The event raised \$300 and those proceeds were donated to the Food with Friends Meal program. Gratiot County Commission on Aging and the Nutrition program would like to thank the St. Louis CSA and those who made a contribution to this event. Pictured is Sarah McClung from Gratiot County Commission on Aging receiving the check from Teresa Butcher, CSA member.



VOLUNTEER CORNER

~With Sue Koch, Coordinator of Volunteers



**OBSERVATIONS FROM THE
COORDINATOR OF THE
VOLUNTEER'S DESK**
Sue Koch, Coordinator of Volunteers
989-875-5346

The death of George H. W. Bush prompted words of gratitude for his service as a citizen and as our 41st President. I add my voice to those expressing gratitude for President Bush's support of the volunteer movement known as *A Thousand Points of Light*. "Bush's support inspired individuals to take voluntary action in their own communities as points of light spread throughout the nation, doing good."

Gratiot County Commission on Aging continues to encourage participation in volunteerism – whether in schools, churches, non-profits, community events or any organization that touches your heart. We thank all Commission on Aging volunteers for sharing their time and talents strengthening the services Commission on Aging provides to seniors in Gratiot County.



Meet the Volunteers

It is with pleasure that I introduce you to **Rhonda Harrell**. "My perspective on volunteering began when I was 16. I lived three blocks from a hospital and I volunteered as a Candy Striper. I could only work four hours a week. I did a variety of jobs: passed water to the patients, washed beds after patients had been discharged, and passed meal trays. It was the start of my lifelong career in health care.

During my years as a school parent, I also volunteered in different areas such as band parent, wrestling parent, scouting parent. After my children were grown up and out of the house, I volunteered for a few community events.

When I retired and turned 65, I did my own Medicare Part D sign up. It was confusing. That is when I decided maybe I could help at Commission on Aging during Medicare Part D sign up time. I contacted Commission on Aging's MMAP coordinator, Sarah. I took the training that is required. After a few sessions sitting in with Sarah and clients, I began helping seniors sign up for Medicare D during the open enrollment time. This is my second year of being a Commission on Aging MMAP volunteer. I love it. I love meeting the people and seeing if together we can help save them money on their prescription costs. I also volunteer with Commission on Aging during January and February with Home Heating Credits and Tax Rebates.

Volunteering helps keep me involved in our community. I also volunteer making quilts for Quilts of Valor. Because I love to sew, I might find it too easy to stay home sewing and never get out! Volunteering helps me balance my life. Helping others makes my life better."

It is my honor to introduce you to **Janet Holt**. "I may have been 10 or 11 years old when my girl scout troop volunteered in my community. Later, as a high schooler, my youth group visited a nursing home at Christmas time. I was a shy child, but I distinctly remember after going there how much I enjoyed that visit. The people I talked to made me feel welcomed.

In more recent years, I became familiar with the Commission on Aging through my work and then later through my church. Things change in life. I found myself unemployed and spending most of my time at home. I knew I needed to get out of the house and see people. It helped that I knew a few people at Commission on Aging. I decided to see if there were some tasks I might help with. That start has now grown to helping package Home Delivered Meals in the kitchen one or two days a week. I also drive the Commission on Aging mini-vans, taking county seniors to medical appointments. My experiences as a volunteer are very rewarding.

I hope, by my volunteering, Gratiot County seniors know there are people who care about them and are willing to help. I get satisfaction knowing my help in packaging nutritious meals is of value to the kitchen staff. I enjoy the friendship of Commission on Aging staff and employees. When I drive seniors to appointments, I meet seniors with some very interesting life stories and from that I see their positive approach to life. I am encouraged by hearing their stories. I believe we can learn so much from getting involved with others in our community. We are doing what we do because we see the need and willingly give of our time. When we get involved, we realize we get as much back as we give. In life, I believe we need each other. A satisfying life is about the relationships we build. Serving others offers me the opportunity to build new relationships and maintain those which already exist."



COMMISSION ON AGING'S HOMESTEAD PROPERTY TAX and HOME HEATING CREDIT PROGRAM SEEKING VOLUNTEERS

Sue Koch, Coordinator of Volunteers 989-875-5346

If you enjoy working with numbers and helping seniors at the same time, the Commission on Aging can use your help and talents. Volunteers are needed to complete the Michigan Homestead Property Tax and Home Heating Credit Forms for Gratiot County senior citizens. As a person who enjoys attention to detail, possesses math skills and is familiar with a basic calculator, you will be a perfect fit.

Tax credit sessions are held at various locations throughout Gratiot County, but most sessions take place in Alma, St. Louis and Ithaca. Morning and afternoon sessions will be offered during late January through Mid-February. Each session last about 3 hours. The volunteer signs up for the specific session(s) that work best in his or her schedule. The volunteer works alongside experienced volunteers.

Training is provided by Sarah McClung, Program Coordinator. For more information, please contact Sue Koch, Coordinator of Volunteers 989-875-5346 for more information.

RIGHT PLACE AT THE RIGHT TIME

Submitted by Sue Koch, Coordinator of
Volunteers
989.875.5346

Monday, November 26th was scheduled to be a very busy day at Commission on Aging – volunteers packing meals in the kitchen; home delivered meals volunteers making deliveries; volunteers arriving to assist Food with Friends Site managers; Commodities volunteers arriving at the Elks in Alma and COA in Ithaca to assist with this supplemental food program; the morning recycle greeting cards activities; the MMAP Program appointments; and volunteers gathering to prepare the December Issue of Senior Gratiot Newspaper for mailing. A busy morning indeed.

When the news reported a Winter Weather Advisory for Sunday night predicted to last until 3 p.m. Monday afternoon, things changed rapidly. By Monday morning, local television and radio stations reported Gratiot County Public Schools had cancelled school for the day due to the inclement weather. Cathy Yourchock, our Nutrition Coordinator, initiated the Robo Call System letting Home Delivered Meal volunteer drivers know there would be no Home Delivered Meals Monday and all Congregate Food Sites would also be closed. The front door at Commission on Aging would remain open to serve those entering.

To my surprise, when I arrived at work, there were eight Senior Gratiot Prep Team volunteers happily working in the Large Conference Room. They completed the task about 11:30. The papers went to the Ithaca Post Office for mailing shortly after 1 p.m. Now I invite you to turn to page 12 of this paper. You will find the names of the eight volunteers who braved the elements to ensure the newspaper went out on time. We are grateful! Thank You.

Many thanks to Barbara and Henry who braved the weather to assist with Commodities. Your presence there always makes a difference to this nutrition program and to the program participants who are welcomed by you and your co-volunteers on a monthly basis. Many, many thanks.

Snow Removal Service

Shoveling heavy snow can be a daunting and dangerous task, but village and city ordinances require the residents to maintain clear sidewalks in front of their homes. Given that many of our clients are not able to do this without difficulty and risk of fall, we'd like to extend a helping hand. The Commission On Aging will clear your porches, sidewalks, and driveways for you to reduce the potential for injury! Please call us at 989-875-5246 to have your name added to the snow removal list for that day. We will honor as many requests as possible each day.

Snowfall and drifting keeps us all guessing in Michigan and varies widely throughout Gratiot County. It is necessary for you to contact the COA for **each day** you would like the snow removed and, again, you will be added to that day's list. All donations made will help us cover the cost of operation.

Our home chore assistants use a walk-behind style snow blower to clear driveways. For this reason, we regret that **only driveways of reasonable length** will be cleared in this service. Those who have longer driveways that need to be cleared are welcome to call the COA for a list of individuals who specialize in driveway plowing. These individuals do charge a fee for their services. This fee is paid to that individual, not to COA.

Our staff is happy to help you get through the cold, unpredictable months ahead. Call on your friends at the Commission On Aging for any assistance you may need. It is both our commitment and our pleasure to serve our senior friends!



HELP WANTED

WANTED— Home Delivered Meals Volunteers. Deliver a hot, nutritious meal to a homebound senior. Share the "Good Morning" and bring the sunshine to the front door.

WANTED— Are you a good driver? Use the Commission on Aging mini-vans to take a senior who no longer drives to an appointment. Offer your rider social conversation that connects him/her with the outside world.

WANTED— Table Leaders at a Food with Friends Senior Center. Do you enjoy puzzles or card and table games? There is a place for you at the table.

WANTED— Do you enjoy visiting older people? Visit a homebound senior in his/her home.

January is National Blood Donor Month

Blood donations typically drop off during and immediately after the winter holidays. Busy schedules, holiday breaks from school, inclement weather and winter illnesses contribute to fewer blood and platelet donations. The Red Cross needs to collect more than 13,000 donations every day to keep the blood supply ready and available to meet the needs of about 2,600 hospitals, clinics and cancer centers across the country. They rely on voluntary blood donors to meet the demand.

Although an estimated 38 percent of the U.S. population is eligible to donate blood, less than 10 percent actually do. The Red Cross provides about 40 percent of the blood in the U.S. The organization is seeking new donors to help meet the needs of patients battling cancer and other conditions or disorders, individuals undergoing surgery and victims of accidents or violent acts such as mass shootings. Please consider becoming a blood donor. You can schedule an appointment by calling 1-800-733-2767.



Brush with Bravata! Tuesday, Jan. 8 1:00-2:30 p.m.

Come and join Deb from Brush with Bravata and learn to paint. This class is offered only at the St. Louis Senior Center, 1329 Michigan Ave., St. Louis. Class fee is \$10.00 and all materials are supplied, but you must make a reservation. You will be painting on a wood pallet that has been prepared for you.

Below is January's project, a cute Snowman with a snow-covered pine tree. A different picture is done each month, and class is always the second Tuesday of every month. Be sure to reserve your lunch when you call to reserve a spot in the painting class. The number to call is 989-681-4341.



**COUPON
SENIOR GRATIOT, INC.
515 S. PINE RIVER ST.
ITHACA, MI 48847**

**SUGGESTED YEARLY
DONATION**

- ___ \$10.00
- ___ \$15.00
- ___ \$20.00
- ___ \$25.00
- ___ Other _____

NAME _____

ADDRESS _____

___ IN MEMORY OF:

___ IN HONOR OF:

VOLUNTEERS NEEDED!



**WANT TO EARN SOME EXTRA \$\$\$?
HAVE A PASSION FOR WORKING WITH OLDER ADULTS OR CHILDREN?
ARE YOU 55 AND OLDER?**

IF YES, YOU ARE JUST WHO WE ARE LOOKING FOR!

JOIN THE SENIOR COMPANION OR FOSTER GRANDPARENT PROGRAM!

CALL THE ISABELLA COUNTY COMMISSION ON AGING FOR MORE INFORMATION!

(989) 772-0748 – ASK FOR KELLY OR CHANCE!

January 2019

Gratiot Community Senior Center, 1329 Michigan Ave., P.O. Box 205, St. Louis, MI 48880
989.681.4341

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 CLOSED 	2 11:00 Coffee Hour 12:00 Lunch 12:30 Bingo	3 10:00 Line Dancing 12:00 Lunch 12:30 "How Would You Handle This?"	4 11:00 Puzzles 12:00 Lunch 12:30 Winter Fun	5
6	7 11:00 Puzzles 12:00 Lunch 12:30 Word Game	8 12:00 Lunch 1:00 Brush with Bravata Snowman	9 11:00 Coffee Hour 12:00 Lunch 12:30 Bingo	10 10:00 Line Dancing 12:00 Lunch 12:30 Thinking Thursday	11 11:00 Puzzles 12:00 Lunch 12:30 Reminisce	12
13	14 11:00 Puzzles 12:00 Lunch 12:30 Nutrition Program "Eat Right When Money's Tight"	15 12:00 Lunch 12:30 Significant Snowfall	16 11:00 Coffee Hour 12:00 Lunch 12:30 Bingo	17 10:00 Line Dancing 12:00 Lunch 12:30 Painting Party with Melanie	18 11:00 Puzzles 12:00 Lunch 12:30 Biography "Elvis Presley"	19 
20 	21 Closed Martin Luther King	22 12:00 Birthday Lunch 12:30 Famous January Birthdays	23 11:00 Coffee Hour 12:00 Lunch 12:30 Bingo	24 10:00 Line Dancing 12:00 Lunch 12:30 Thinking Thursday	25 11:00 Puzzles 12:00 Lunch 12:30 "Life Isn't Perfect"	26
27	28 11:00 Puzzles 12:00 Lunch 12:30 Word Game	29 12:00 Lunch 9:00-2:00 Tax Rebates	30 11:00 Coffee Hour 12:00 Lunch 12:30 Bingo	31 10:00 Line Dancing 12:00 Lunch 12:30 Thinking Thursday		

Gratiot Community Senior Center

By Jamie Bolsby

Dear Friends,

It's the beginning of a brand New Year! What do you have planned for 2019? Have you even had time to think about it? Many people like to make New Year's resolutions as a motivation to complete projects or improve their health. It's a fresh start to have fun and try something new because anything is possible.

Cold winter weather has definitely arrived so be sure to think ahead before you step outdoors or drive the roads. Remember, listen to your radio and local weather reports for closings during these winter months. As a good rule to go by, when St. Louis and Alma schools are both closed more than likely we will be too. If you have any questions regarding a site closure, activity cancellation or meal delivery, please call the Gratiot County Commission on Aging at 989-875-5246.

Flu and cold season is here. Unless you live in a bubble, chances are you could be exposed to the cold and flu virus. To avoid spreading or catching the flu, stay home if you feel sick. Cover your mouth and nose when you sneeze or cough. Stock up on those tissues. This goes a long way toward protecting others from your germs. Wash your hands---a lot. This is the best way to prevent the spread of germs. And don't touch your face. Sounds simple but hard to do. Get plenty of fluids and enough rest. I bet I sound like your mother, but old advice is still good advice.

The Center will be closed and there will not be home delivered meals on the 1st for New Year's Day and the 21st for Martin Luther King Jr. Day. Please make other arrangements for lunch.

Come on out and Line Dance with Betty

and the group. Mark your calendar for Thursday's at 10:00 and give your brain and muscles a workout at the same time. Lots of friendly people to meet in a relaxed atmosphere doing exercise the fun way. From beginners to advanced, men and women, there's something for all.

Join Deb and her "Brush with Bravata" painting class. This month, on Tuesday the 8th, you will be painting a cute Snowman with a snow covered tree. Class runs from 1:00-2:30. Deb is very patient and encouraging and her classes are a lot of fun! You will be painting on a 10 x 10 wood pallet, which has been prepared and cut to size. Deb will take you each step of the way and will stencil some of the art work onto the wood to make it more fun and enjoyable for you. Cost of the class is \$10.00 and you must make reservations. Take advantage of our daily lunch program and order one for yourself to enjoy before class.

Our nutrition program for this month is "Eat Right When Money's Tight" on Monday the 14th at 12:30. Food costs are on the rise. Learn tips on how to stretch your food dollars by planning ahead, budgeting, making smart food choices, and preparing low-cost recipes.

Melanie's "Painting Party class will be on January 17th from 12:30-2:00. Call today and make reservations for a class featuring an "Ice Skate with Flowers" painting at the cost of \$10.00. Melanie will provide all the materials you will need for your own original painting. You will complete a lightly drawn outline with acrylics to create a painting that you will be proud to show off. From beginners to all levels of experience call today and save your spot. Also, let me know if you are interested in joining us for lunch.

Birthday parties are always special, so celebrate with us on Tuesday the 22nd along with cake and ice cream.

It's that time of year again when the COA will offer assistance with Homestead Property Tax and Home Heating Credits. You will

need to call the COA at 875-5246 for your appointment. If you live in this area the Center will have appointments open on Tuesday the 29th. Please check out the front page for the complete information.

Throughout the month I have different word games, puzzles, and time to share what's going on in our lives. With our new Wi-Fi you can also access the internet and use your tablets and phones data free.

Calling all readers! As the weather gets colder outside more people look for a good book to read. Our Center has a well-stocked bookshelf that has a variety of good stories. We have both hard, paperbacked books and even some large print. You are always welcome to browse.

Be good to yourself.

"Good instincts usually tell you what to do long before your head has figured it out." --Michael Burke





Jim Peck and Jerry Chvojka get ready for their home delivered meal routes.



Tammy Vaughn is our Birthday Girl for the month!

COA Transportation Drivers Needed

Looking for a way to add value to your spare time? Want to make a priceless contribution to your community? If so, please consider serving our seniors as a volunteer driver! We realize both your time and our seniors are a precious commodity; it's a great match.

Now recruiting: DEDICATED volunteers to transport COA clients to medical appointments. The list is short and the need is long. As a volunteer, you may determine how involved you become with the COA Transportation Program. We currently have volunteers providing many rides per week, and some volunteers who provide a ride once every few weeks. The beauty of volunteering is that you can pick and choose how much time you give to the program. Please consider contacting the COA at 989.875.5246 to learn more about this amazing volunteering opportunity.



Gratiot Community Senior Center Donations

May you find comfort in knowing your thoughtful gift has made a difference in the lives of others. We would like to thank the following individuals, who have generously donated to the Gratiot Community Senior Center at 1329 Michigan Ave., St. Louis from November 13, 2018 thru December 10, 2018.

Donations

Marilyn Lorenz
James & Florence Ann Farrough

In Loving Memory . . .

Lloyd & Doris Briggs
Herman & Willmetta Roslund
Judy Roslund
Marguerite Turner
Linda Seveland
Doris Walsh
Nita Wybenga
Roberta Brock
Virginia Wishart
Lois Manzullo
Madalin Zigray
Connie Boyne
Fran Mills
Betty Tobin
Barbara Gladding

In Honor Of . . .

Jamie Bolsby
Shirley Wallace



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**ALMA
TRANSPORTATION
CENTER
989.463.6016**

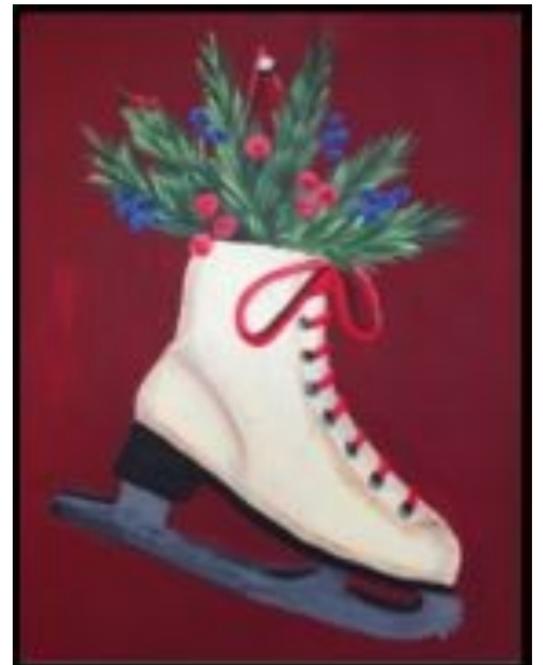
**LAKESHORE LEGAL AID
OFFERS FREE LEGAL
ADVICE TO SENIORS 60
AND OVER.**

**CALL TOLL FREE TO
1.888.783.8190 TO
SCHEDULE AN
APPOINTMENT AT
COMMISSION ON AGING
IN ITHACA**



**A Painting Party
Each Month**

The Gratiot County Commission on Aging Nutrition Program and the Alma Community Art Center are joining together to present a painting party each month. Melanie Lewis, art instructor from the Alma Community Art Center will show you everything you need to know to complete a different painting each month. The classes will be offered at the St. Louis and Ithaca Food with Friends sites. Cost of each class is \$10.00 and this includes all supplies needed to complete your painting. Please come early and join us for lunch!



A pretty skate with branches to add to your winter decor.

LUNCH

Served at 12:00 PM
Age 60+: \$2.50 suggested donation
Age 59 & Under: \$5.00 lunch fee

**ST. LOUIS SENIOR CENTER-
THURSDAY, JAN. 17**

12:30 to 2:00 pm

1329 Michigan Ave., St. Louis
989-681-4341

**ITHACA SENIOR
ACTIVITY BUILDING**

FRIDAY, JAN 18

1:00-2:30 pm

1011 E. North St., Ithaca
989-875-2135

Please remember to call prior to the class to register so the instructor is sure to have enough supplies. Call the site where you are planning on attending. We look forward to seeing you there and hope you will join us for lunch before class.

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

West Gratiot

By Cindy Simmons

Happy New Year! May the coming months bring you, your family and your friends much happiness.

Jackie Devericks, Elmer Freed, Eugene Hindenlang, Donna Mason, Nancy Riker and Katherine Thompson celebrated their birthdays in December.

The nutrition and wellness topics covered portion sizing and food sources for specific nutrients. Thanks to all who shared in the discussion.

Thank you to everyone who participated in the annual gift exchange. There were many creative and useful gifts shared amongst the group. The holiday treats were delicious!

We listened to a variety of holiday music CDs that had been donated over the years by congregate attendees. Everyone agreed that the classical piano tunes should not be played after lunch, so we can stay awake to play cards! There were plenty of lively tunes, also.

Now, here are activities coming up in January:

The plan is to have a little "Welcome to the New Year" celebration on Wednesday, January 2nd. Hopefully Mother Nature will give us fair weather on that day.

Our wellness topic will be covered on Friday, January 4th. Celebrate the January birthdays and anniversaries on Wednesday and Friday, the 9th and 11th.

Help celebrate National Hat Day by wearing a comfortable or unique hat of your own on January 16th and 18th. We will share the stories surrounding our special hats.

The site will be closed and there will be no Home Delivered Meals on Monday, January 21st, in honor of MLK Day. Enjoy the winter wonderland!

January 23rd and 25th will be the annual "Yarn Off Day". Laughter is one key to good health. Bring in your favorite jokes!

Join us on Monday, Wednesday, and Friday at the Sumner Senior Center - located in the Sumner Community Center - as we reestablish and develop friendships and share in good times with others from around the area.

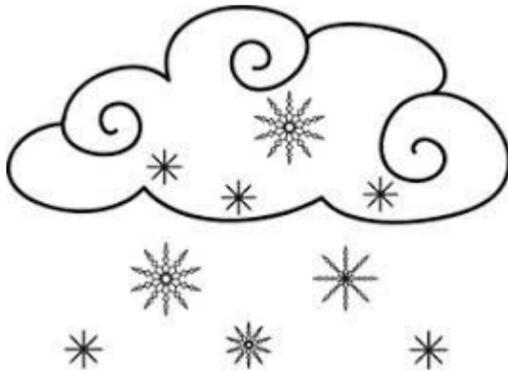
To get started with the Food with Friends program: **Call the Gratiot FWF Kitchen (989.875.5332) from 7:30-1:00 M-F to reserve lunch 24 hours before the day you would like to attend.** After that, sign up ahead of time, while at the site. Contact Cindy at 989.833.7624 from 10:00-2:00 MWF at the West Gratiot site for more information.

West Gratiot Highlights

- 2 New Year Celebration
- 4 Nutrition & Wellness Topic
- 9 & 11 Birthday & Anniversary Celebrations
- 16 & 18 Celebrate Hat Day
- 21 **CLOSED** - MLK Day
- 23 & 25 Yarn Off Days - Jokes

Weekly Activities

	Mon	Wed	Fri
Walking	10:00-1:30	10:00-1:30	10:00-1:30
Adv. Line Dancing	9:30-noon		9:30-noon



Breckenridge

By Pat Schultz

WELCOME 2019! A new year and what a Great year it will be! If you haven't visited our meal site here at Breckenridge, please do. We have a good group of seniors that have lots of fun everyday. We visit, we laugh, we do crafts, we play all kinds of games and we play Euchre. We also do many community service projects that are very rewarding. We always welcome new faces and would love to have you join us for lunch or one of our activities, or just stop in and say HI!

Here are some of the activities that we have planned in January to start off the new year.

- 1st **CLOSED** - NEW YEAR'S DAY
- 7th Card Making at the Library after Lunch
- 8th Bingo
- 11th Puzzle Day
- 14th Ceramics after lunch. You must sign up ahead of time and all materials are furnished for \$10.00
- 15th Bingo
- 16th High School Honor Students
- 17th Movie Day at the Library
- 21st **CLOSED** - Martin Luther King Day
- 22nd Bingo
- 23rd Snowman Craft
- 25th Nutrition Education
- 28th Decorate a Plate
- 29th Bingo
- 30th Ask the Chief Question Day



Door Swags created by our craft group for Christmas decoration

Greetings from Fulton

By Irene Noffsinger

HAPPY NEW YEAR!

It doesn't seem possible that another year has come to a close.

Thank you to everyone that has supported our Senior Center, in any way. Maybe you made donations, shared a craft or simply attended and shared your personality. Each and every part of this is vital to our site. Without you, we are not. Thank You!

A little trivia on New Year's Day Traditions. Probably you already know some of the New Year Traditions, such as, kissing at midnight, ringing bells, and toasting. But did you know that making resolutions was not introduced in modern times? As far back as the Babylonians, resolutions were made on New Years in the form of commitments to return borrowed objects and pay old debts. Did you make a New Year's Resolution? They are fun to make, but in my experience, seldom followed through on. If you made one, good luck!

Thank you to the Fulton High School Band for coming and playing for us. We enjoyed the fellowship as well as the music.

BOOKS BOOKS BOOKS

Don't forget that we have books available for you to read. The books are always on a rolling cart in the Township Hall. If you need a book to read, please stop, say hello, and choose some books. We would love to have you stop in.

Come join us for lunch. We have a good time and it is good for everyone to meet, visit and have lunch together.

- 1-2 Lunch/Cards
- 1-4 Lunch/Euchre
- 1-7 Lunch/Cards
- 1-9 Lunch/Cards/Music Trivia
- 1-11 Lunch/Euchre
- 1-14 Lunch/Cards
- 1-16 Lunch/Cards
- 1-18 Lunch/Euchre/Nutrition Education
- 1-21 **CLOSED/MARTIN LUTHER KING HOLIDAY**
- 1-23 Lunch/Cards
- 1-25 Lunch/Euchre/Root Beer Floats
- 1-28 Lunch/Cards
- 1-30 Lunch/Cards



FULTON SENIOR CENTER DONATIONS

Thank you for your continued support of the Fulton Senior Center. Your donations are much appreciated.

Hogle Trucklines, Inc.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:00 EVERYDAY Building open Coffee will be ready soon 10:00 EVERYDAY Visits, news, games, activities 12:00 Mon.-Fri. Food With Friends Meal To Make a Reservation 875-2135</p>		1 Happy New Year 2019	2 1:00 Dominoes	3 9:00-9:45 EZ Motion 10:00 Golf games 11:00 Joyce Raycraft at the Piano 1:00 Wii Bowling	4 11:30 Blood Pressure Checks by Joyce Raycraft	5 11:00 -1:30 Building Open 12:15 FAMILY POTLUCK
6	7 12:30 Bob Crist's Piano Music 1:20 Bob's Sunshine Gang visits Ashley Care Center	8 9:00-9:45 EZ Motion 1:00 Progressive Euchre	9 1:00 Dominoes 1:00 Cookies & Craft Group	10 9:00-9:45 EZ Motion 10:00 Golf Games 11:00 Joyce Raycraft at the Piano 1:00 Wii Bowling	11 1:00 - 3:30 Friday Cards with Volunteers Jack & Avis Ginther	12
13	14 10:05 Bingo Prizes donated by McDonald's & Bee Clean Car Wash 7:00 -9:00 Dulcimers	15 9:00-9:45 EZ Motion 10:30 Cribbage 1:15 SAB Board Meeting	16 10:05-11:30 Bingo Prizes donated by Schnepf's Health Care 1:00 Dominoes 7:00 A-Tractive Tractor Club	17 9:00-9:45 EZ motion 10:00 Golf Games 11:00 Piano Music by Joyce Raycraft 1:00 Wii Bowling	18 12:00 Birthday Celebration 1:00 Painting Class with Melanie Lewis	19
20	21 No Food With Friends Senior Activity Building Closed	22 9:00-9:45 EZ Motion Young Senior Day 1:00 Progressive Euchre	23 11:50 Nutrition Lesson 1:00 Dominoes	24 9:00-9:45 EZ Motion 10:00 Golf Games 11:00 Joyce Raycraft 1:00 Wii Bowling	25 1:00 - 3:30 Friday Cards with Volunteers Jack & Avis Ginther	26
27	28 10:05 Bingo Prizes donated by United Health Care	29 9:00-9:45 EZ motion 10:30 Cribbage 1:00 Sequence	30 1:00 Dominoes	31 9:00-9:45 EZ motion 10:00 Golf games 1:00 Joyce Raycraft at the Piano 1:00 Wii Bowling		

Senior Activity Building & Food with Friends News

By Jo Jones

We wish you a healthy, happy beginning to your NEW YEAR! Please plan to put Food With Friends and the Senior Activity Building on your schedule. DO call in your FWF meal reservations one day ahead of the day you will be eating with us. STOP in to say hello, to have coffee, or to participate in a card game or activity anytime.

We'll start an overview of the schedule above beginning with Mondays that includes two holidays! There will be **No Food With Friends** on the 1st or 21st.

Bob Crist will tickle the keys on the piano at 12:30 to warm up our voices on the first Monday, the 7th. **Bob's Sunshine Gang** will then travel to Ashley Care Center. When we return to the Building, we will enjoy our ice cream sundaes.

Bingo will be on Mondays, the 14th and 28th, and on Wednesday, the 16th. Prizes on the 14th are donated by McDonalds and Bee Clean Car Wash. United Health Care donates the prizes on the 28th. Grocery prizes will be donated by Schnepf Health Care on the 14th.

Dulcimers will be meeting at 7:00 p.m. on the 14th. You are welcome to enjoy their music. The musicians want to THANK Fred Hoard for his years of being the Building Representative who welcomed them.

EZ Motion is from 9:00 to 9:45 on Tuesdays and Thursdays. Why not start off the New Year by treating your body to some stretching while at the same time, learning about the importance of deep breathing? You will benefit from investing your time.

Cribbage is on the schedule on Tuesdays, January 15th and 29th at 10:30. If you are interested in learning this game, we have willing teachers. Come anytime.

Progressive Euchre will be on Tuesdays, January 8th and 22nd at 1:00. The Blue ribbons in November were won by Tom VanAlstine. Red ribbons were won by Vern Recker, Pat Owen, Milene Sparks, and George Vojtas. There were several tie scores.

Senior Activity Building Board plans to meet at 1:15 P.M. on the **third Tuesday** of each month. The Board has elected officers to serve for 2018-2019 year: President Jim Wideman, Vice President Larry Ringle, Secretary Marty Wieferich, and Richard Abbott and Nancy Smith as Members at Large who complete the Executive Board. Mary Sullivan was appointed to continue to serve as Treasurer. You certainly are encouraged to attend and participate at these monthly meetings.

YOUNG SENIOR DAY is scheduled for January 22nd. We know that Young Seniors are busy Seniors, but do try to free up this date, and join us for a delicious meal.

Now let's look at the **Wednesday** schedules. **Dominoes** will be played at 1:00. As mentioned above, **Bingo** is at 10:05 on the 16th.

The **Cookies and Craft Group** will be meeting on the second Wednesday this month. The date is January 9th at 1:00.

The first **nutrition lesson** for the new year will be "How to Eat Healthy When Money is Tight". The time is 11:50 on Wednesday, the 23rd.

The **Golf Games** are scheduled for Thursday at 10:00. By 11:00, you may listen to Joyce Raycraft's enjoyable **music** on most Thursday mornings. After our Food With Friends meal, you're invited to join in the **Wii Bowling** fun.

Celebrating the January birthdays is scheduled for Friday, January 18th. If you were born or married in this cold month, please plan to join us!

Volunteer nurse, Joyce Raycraft, will **screen blood pressures** on the first Friday of the month at 11:30.

Friday Cards (including bridge) will be scheduled on January 11th and 25th from 1:00 until 3:30. Volunteers Avis and Jack Ginther had a delicious Christmas treat for all Food With Friends Seniors before our Friday Card day in December. Thanks! They will help you to join one of the games. The suggested donation for the afternoon of enjoyment is \$0.25, the same as it is for Progressive Euchre, and blood pressure screening. You will find these donations listed under the Crystal Jar donations each month.

The monthly **Family Potluck** is at 12:15 on **January 5th**. Our Building is open at **11:00** so you can enjoy visits with friends.

Please check the Building calendar often, since we do have schedule changes from time to time. In the winter months, we may experience a "snow day", so may have to postpone an activity or cancel a meal. You will find the closings announced on the radio and TV. Whenever Food With Friends is **closed due to weather**, the Senior Activity Building is also closed for the day. It is not automatic that when Ithaca school closes, the Food With Friends Site is closed. Listen to the radio and TV announcements.

Our Building opens each weekday morning at 8:00, with a warm welcome from Linda St.Charles, a cup of coffee and a donut or a slice of toast.

Warm wishes to you for a most **HAPPY and HEALTHY NEW YEAR!!**





November birthdays celebrated by Lester Elliott and Ken Yordy



Ithaca ladies have fun on Halloween: Linda St. Charles, Judy Hegle, Phyllis Schleder, Milene Sparks, Phyllis Johnson, Marty Wieferich, Doris Edgar, Joan Spear, Marilyn Green, Nancy Smith & Jo Jones. Not in photo, Joyce Beard



Dynamic Duo (Bob Crist & Kevin Smith) provided great music for dancing and listening pleasure



Pies provided by Charlie Lott, Vicky Lute, Evelyn Green, Helen Hoard, Pat Cumberworth, Hazel McConnell, Bonnie Smith and Mary Sullivan (not pictured) made our Thanksgiving meal EXTRA SPECIAL!



Cookies and Craft group display their Wooden Snowmen created in November. Phyllis Johnson, Joan Spear, Phyllis Schleder, Pat Cumberworth, Vicky Lute, Nancy Smith, Linda St. Charles, Helen Hoard and Marty Wieferich

Senior Activity Building Gifts

THANK YOU for your gifts received by the Senior Activity Building from November 10, 2018 through December 7, 2018:

Volunteers (named and unnamed) who completely care for the Building and its programs and activities.

Musicians: Bob Crist, Joyce Raycraft

Crystal Jar donations (unnamed donations, Progressive Euchre, Horseshoes, Friday Cards, Blood Pressure checks)

Just For Fun Dulcimer Club

SAB Saturday Potluck Group

GIFTS in GRATITUDE to SAB

By Mary & Bob Sullivan

Bill & Linda DeVuyst

Dolores Lombard

Jo Jones

Joe Shelest

In MEMORY of CARLOS CASTILLO

By Joyce Beard

In MEMORY of RICHARD HEATHCOCK

By Kevin Heathcock

In MEMORY of AMBER HILL

By Pat Owen

Alice Gavenda

Linda St. Charles

Howard & Nancy Crites

Food With Friends

Jack & Betty Hunnicutt

Jack & Avis Ginther

Joyce Beard

Carol & Scott Merchant

Bill & Marybeth Wohlert

Keith & Phyllis Shaw

Ron Lane

Richard & Theresa Sova

Gayla Foster & Family

George & Linda Weburg

Gary & Kendra Smith

Ron & Lucille Kosnik

John & Joyce Raducha

Chuck & Marty Wieferich

Jerry & Hazel Clagg

Ken Showers

Ron Littell

In MEMORY of JACK WINGLE

By Chuck & Marty Wingle

In MEMORY of HARLEY SMITH

By Donna Smith

In MEMORY of JANET ABBOTT

By Richard Abbott

IN MEMORY of MARGARETTE & DICK LADD

By Florence Saurman

IN HONOR of FRED & HELEN HOARD on their 60th ANNIVERSARY

By Linda St.Charles

IN HONOR of SAB STAFF & the MANY VOLUNTEERS on GIVING DAY

By Donn & Pat Gates

IN HONOR of SAB on the 25th ANNIVERSARY of Serving Seniors

By Gratiot V.F.W. Post#7805



Gifts received at the GRATIOT COUNTY COMMUNITY FOUNDATION, SENIOR ACTIVITY BUILDING AGENCY ACCOUNT :

In MEMORY of FRED JONES
FRED & JO's PARENTS
JO'S MANY SENIOR FRIENDS
By Jo Jones

IN HONOR of JO'S MANY SENIOR FRIENDS
By Jo Jones



Home Delivered Meals & Gram's Kitchen Donations

Thank you to those who made financial contributions in December to the Commission on Aging Food With Friends cooking kitchen "Gram's Kitchen", where 400 plus meals are taken out daily. Donations will be used to see that the home delivered meal service continues in Gratiot County.

Czechoslovak Society of America
J & J Party Store Customers
Jennie & Joe Taylor

IN HONOR OF

JOSEPHINE (JO) JONES
By Dave & Daun Loganback



January 19 National Popcorn Day

Popcorn was derived from a small grass with kernels not much different than wheat. Through cultivation and breeding, the modern corn plant was born. At some point in time it was realized the corn kernels, when subjected to heat, will pop. Popcorn has been used for everything from arts and crafts to the foundation of some of the most popular treats around. The National Popcorn Board decided that this fluffy treat needed a day of celebration and recognition of its own, hence National Popcorn Day!

To celebrate, simply pop some corn and enjoy. To keep it lighter, try it with herbs like rosemary and thyme, or spice it up with some cayenne.





Consumer Alert for Phishing and Extortion Scams after Security Breaches

Bill Schuette, Attorney General

Phishing is a type of scam that starts with an email, text message, or phone call that pretends to be from a legitimate source. The message will tell a plausible story related to a need for you to verify or provide your personal information. The goal is to get you to enter your personal information into a fake website or extort money from you. These scams may use recently hacked data as well as data hacked years ago.

The Attorney General has received reports of a recent scam using hacked information threatening to expose the recipient's alleged viewing of adult videos unless the sender is paid \$1,000 in Bitcoin. The email was fraught with misspelled words, grammar errors, and mismatched links. However, the email correctly cited the recipient's password information for an online account.

SPOT IT: Watch out for phishing attempts.

Look for messages with misspellings, typos, and bad grammar.

Look for messages that use your password or some of your personal information.

Look for mismatched links that you can spot by hovering your mouse over a link that does not match the stated destination.

Beware of any unsolicited message that asks you to click on a link, open an attachment, or verify your personal information.

STOP IT: Consider what you share and who you share your personal information with.

Never reply to emails, calls, texts, or pop-ups that ask for verification of your personal information.

Review your privacy settings and take advantage of security options that are available

Change your passwords and security questions: do not re-cycle old passwords.

Report suspicious emails and Facebook messages to phish@fb.com

To report a scam, file a complaint, or get additional information, contact:

Michigan Department of the Attorney General
Consumer Protection Division
P.O. Box 30213
Lansing, MI 48909

Or call:

517-335-7599 or
Toll Free 877-765-8388.



The Reign of Pain: Advances in Science Leading to Understanding Chronic Pain

Thursday, January 31, 2019, 12:30 - 4:00 p.m.

Elks Lodge 1400, 610 W. Warwick Dr., Alma

This conference is being presented by Howard Schubiner, M.D., Internist, Director, The Center for Mind-Body Medicine at Providence-Providence Park Hospital in Southfield, Michigan. He is a Clinical Professor at the Michigan State University College of Human Medicine and is a fellow in the American College of Physicians and the American Academy of Pediatrics. He has authored more than 100 publications in scientific journals and books, and lectures regionally, nationally and internationally. Dr. Schubiner lives in the Detroit area with his wife of 34 years and has two adult children. The objectives of this presentation are:

- How the brain's predictive coding mechanisms create and reinforce physical pain
- How to determine if your client has psychophysiologic-induced pain
- How to explain these concepts to clients and implement cognitive-behavioral techniques designed to eliminate psychophysiologic pain
- How to implement Emotional Awareness and Expression Therapy, which has been found to be more effective than standard DBT for fibromyalgia pain in a recent research study

You can register for this conference at www.midmichigan.org/responsible. The first 50 people to register will receive a free copy of Dr. Schubiner's book, "Hidden from View".

This event is co-sponsored by:
Child Advocacy
Gratiot Integrated Health Network
Gratiot County Substance Abuse Coalition
Mid-Michigan District Health Department
Mid-State Health Network

**SENIOR GRATIOT
NEWSPAPER
DONATIONS**

These people generously donated \$5,005.00 to the "Senior Gratiot" Newspaper contribution fund from November 14, to December 14, 2017. Donations and checks can be made payable to: SENIOR GRATIOT and mailed to 515 South Pine River St., Ithaca MI 48847.

Joyce Vibber
Senior Activity Building Board
Jeanne Glynn
Willowdean Cassady
Eldon & Janice Helman
Judy Bovee
John & Bonita Haynes
Mavis Lippert
Anonymous
Gerald & Marta Brush
Mary Higley
Nancy Loomis
Kendall & Grace Humphrey

IN MEMORY OF

**GREG WABER
BARB CALLISON**

By Dorothy Wisner

**MY BIG BROTHER ROBERT
BRANDAL**

By Barbara Kench

**HERSHEL & JUNE POWELL
ORVILLE & WILMA RUSSELL**

By Ginger Vetter

**JEFF GRAHAM
JERRY GULICK, JR.**

By Norm & Sandy Graham

HAROLD, OPAL, & JERRY WEAVER

By Shirley Smith

BETTY TOBIN

By Jane Brown
Bernard & Fran Bessert

BOB LEMMER

By Judy Lemmer

NOEL WILSON

By Sally Wilson

JAN ABBOTT

By Dick Abbott

GALE REEVES

By Bernard & Linda DeVuyst

J.B. REEVES

By Patty Lou Reeves

OUR PARENTS

By Howard & Nancy Crites

BILL RAYCRAFT

DAN FREED

By Joyce Raycraft



**COMMISSION ON AGING
DONATIONS**

Thank you to the following individuals who made donations for older adults of Gratiot County.

Verna Beth Hayward
First United Methodist Church
Joyce Vibber
Lincoln Rd. United Methodist Church
Patricia Stone
Florence Saurman & Family
Gary & Marty McDaid
Anonymous
Al Silhavy & Family
Walter & Eleanor Hagen
Alma I.O.O.F. Lodge No. 238

IN MEMORY OF

EMILY ANN GREENING

By Gary & Earlene Lipowski
Margaret E. Smith
Wally & Sharon MacPhail
Bob & Laura Horvat
Karen Corcoran
Keith & Donnalea Chaffin

CHARLES (JACK) WINGLE

By Ed & Sandi Daggett

SHIRLEY SNELL & JANET FOOTE

By Marcella Brauher
Judy Brown
Willowdean Cassady
Nancy Crites
Karen Dietz
Lucille Kosnik

JOHN SMOLKA

**LORENA PATTERSON
MICHAEL ZIMMERMAN
AMBER HILL**

By Gerald & Edith Beck

LARRY RICHARDSON

BETTY TOBIN

By Wendy & Scott Cary

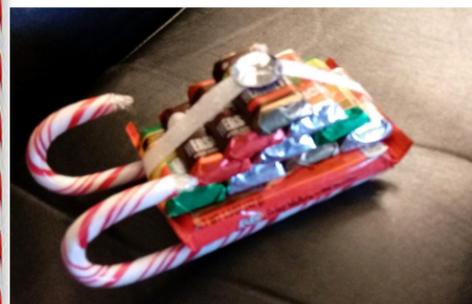
BETTY TOBIN

By Diana Needham
Darrell & Karen Hundey
Douglas Herweyer
Ronald & Connie Mellinger
P.J. & S.J. Downing
Thomas & Mary Reed

Fulton Fun!



Linda Shepard and Kathy Bailey teaching us how to make angel ornaments and sleighs.



Here is a completed sleigh



Thank you Fulton High School Band! They made our Christmas Party very special. Also, thanks to Laurels of Fulton for the wonderful centerpieces and raffle prizes.



**The Purple Angel Seminar Series:
Understand Alzheimer's & Other Dementias**

These seminars are for you if...you or someone you know is living with dementia or you are simply curious and want to learn more about Alzheimer's and other forms of dementia.



When: January 3, 2019, 6:00-7:30 p.m.

Where: Alma United Methodist Church*
501 W. Gratiot Avenue, Alma, MI

*Alma United Methodist Church is handicapped accessible.

Gratiot County COA FWF Eat Smart Menu Lunch 12:00-12:30 pm January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
CHEF SALAD/SOUP ONLY SERVED AT FOOD WITH FRIENDS SITES	CLOSED New Year's Day Holiday	Pulled Pork Green Beans Corn Cinnamon Applesauce Hamburger Bun	Baked Chicken Whipped Potatoes/Gravy Peas Mixed Fruit Cup Wheat Bread	Sloppy Joe 24 Hour Cabbage Slaw Carrots Peaches Hamburger Bun
American Goulash Winter Blend Beet Salad Tropical Fruit Wheat Bread	Chili Baked Potato Pineapple Gelatin Corn Bread	Chicken Pattie on Bun Redskin Potatoes Multi Bean Salad Pears OR CHEF SALAD & MINESTRONE SOUP	Beef and Noodles Squash Citrus Fruit Cup Tapioca Pudding Wheat Bread	Baked Ham Whipped Sweet Potatoes Tossed Salad Mixed Fruit Cup Dinner Roll OR CHEF SALAD & BEEF VEG SOUP
CLOSED Martin Luther King Day	Spanish Rice Winter Blend 24 Hr Cole Slaw Mixed Fruit Cup Wheat Bread	Lemon Pepper Chicken Whipped Potatoes/Gravy Peas Cranberry Mousse Wheat Bread OR CHEF SALAD & BEEF VEG SOUP	Macaroni & Cheese Mixed Vegetables Tossed Salad Peaches Wheat Bread	Meatloaf Stewed Tomatoes Lima Beans Fresh Orange Wheat Bread OR CHEF SALAD & MINESTRONE SOUP
Smothered Chicken Squash Peas Pears Wheat Bread	Spaghetti Winter Blend Coleslaw Apricots Cheese Bread Stick	BBQ Meatballs Redskin Potatoes Peas & Carrots Berry Fruit Cup Wheat Bread OR CHEF SALAD STUFFED PEPPER SOUP	Basil Parmesan Chicken Brown Rice Spinach Peaches Dinner Roll	NEW MEAL!! Chicken Nuggets Potato Rounds Broccoli Wheat Bread OR CHEF SALAD CHICKEN VEG SOUP
Chop Suey Brown Rice European Vegetables Applesauce Wheat Bread	White Bean Chicken Chili Beets Tropical Fruit Corn Bread	Spanish Chicken Broccoli/Cauliflower Coleslaw Apple Crisp Wheat Bread OR CHEF SALAD CHICKEN VEG SOUP	Lasagna Green Beans Tossed Salad Mandarin Oranges Garlic Toast	SALAD/SOUP MEAL ALSO SERVED WITH WHEAT BREAD & MILK

Menus are Subject to Change Without Notice
Reservations are Required 24 Hours in Advance

Milk provided with all meals
Suggested Donation \$2.50

FOOD WITH FRIENDS

RESERVATIONS ARE REQUIRED FOR FOOD WITH FRIENDS AT LEAST 1 TO 3 DAYS IN ADVANCE. SEE PHONE NUMBERS TO CALL LISTED BELOW:

ALMA/ST. LOUIS AREA FOOD W/FRIENDS

GRATIOT COMMUNITY SENIOR CENTER
1329 MICHIGAN AVE., ST. LOUIS
MONDAY THRU FRIDAY, 9 AM TO 2 PM
PHONE: 989.681.4341
JAMIE BOLSBY, SITE MANAGER

BRECKENRIDGE FOOD WITH FRIENDS

BRECKENRIDGE MASONIC TEMPLE
122 E. SAGINAW ST., BRECKENRIDGE
MONDAY THRU FRIDAY, 10 AM TO 2 PM
PHONE: 989.842.3338
PAT SCHULTZ, SITE MANAGER

FULTON AREA FOOD WITH FRIENDS

FULTON TOWNSHIP HALL
3425 W. CLEVELAND RD. (M-57), PERRINTON
MON, WED, FRI., 10 AM TO 2 PM
PHONE: 989.236.5019
IRENE NOFFSINGER, SITE MANAGER

ITHACA AREA FOOD WITH FRIENDS

SENIOR ACTIVITY BUILDING
1011 E. NORTH ST., ITHACA
MONDAY THRU FRIDAY, 10 AM TO 2 PM
PHONE: 989.875.2135
JO JONES, SITE MANAGER

WEST GRATIOT FOOD WITH FRIENDS

SUMNER COMMUNITY CENTER
10820 PINE ST., SUMNER
MON, WED, FRI., 10 AM TO 2 PM
PHONE: 989.833.7624
CINDY SIMMONS, SITE MANAGER



POTLUCKS

EDGEWOOD

EDGEWOOD AREA SENIORS
EDGEWOOD CHURCH OF GOD
160 S. BARRY ROAD
4TH THURSDAY EACH MONTH—
NOON
CONTACT: BONNIE WHITAKER
989.875.3607

SENIOR ACTIVITY BUILDING

1011 E. NORTH STREET, ITHACA
1ST SATURDAY AT 12:15 PM
CONTACT: JO JONES
989.875.2135



Alzheimer's Support Group

1st & 3rd Tuesday of each month, 1:00 pm
First Presbyterian Church
495 Charles Ave., Alma
Contact: Scott Hicks 989.875.5269

Parkinson's Support Group

4th Wednesday of month, 2:00 p.m.
Masonic Pathways
1200 Wright Ave., Alma
Contact: Scott Hicks 989.875.5269

DECEMBER 2018 PREP TEAM VOLUNTEER THANK YOU

As we thank these eitht Commission on Aging Senior Gratiot Prep Volunteers, please read The Right Place at The Right Time article in this issue.

Nancy Crites, Helen Hoard, Sondra Schaub, Mary Humm, Lora Schultz, Martha Seiler, Iris Henries and Sally Martin.



SENIOR GRATIOT, INC.
JENNIFER COOK, EDITOR
RICHARD ABBOTT,
HOWARD POINDEXTER
VICKIE THUM,
CRAIG ZEESE

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