

MECOSTA COUNTY
Commission on Aging



**ACTIVITY
CENTER**

Phone: 231-972-2884
12954 80th Avenue
Mecosta, MI 49332

The Keyhole

*News on Commission on Aging
services and activities
for older adults*

August 2024

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MONTHLY MEETINGS

Marketing Group
TBA 9:00 am

Senior Center Board of Directors
No meeting

Commission on Aging Advisory Board
August 21, 9:00 am



**August 10th
through August 17th
from 9am-4pm!**



This newsletter can be accessed online at:
www.mecostacounty.org/mcco
Like us on Facebook: Mecostacountyseiorcenter

COUNTY COMMISSIONERS

Randy Vetter	District 1
Jerrilynn Strong	District 2
Linda Howard	District 3
Raymond Steinke	District 4
Tom O'Neil	District 5
Chris Jane	District 6
William Routley	District 7

ADVISORY BOARD

Linda LaLonde	President / Barryton
William Routley	Vice Pres/Commissioner
Mary Bechaz	Secretary/Big Rapids
Rick Hatkowski	Colfax
Jerrilynn Strong	Sheridan
Brenda Lambrix	Deerfield
Sharon Bongard	Aetna

SENIOR CENTER BOARD OF DIRECTORS

Marie Wilkerson	President/Chippewa
Open	Vice President/
Mike Dick	Treasurer/Morton
Marlene Cummings	Martiny
Marge Smith	Chippewa
James Romine	Big Rapids
Robert Routley	Austin
Cathy Rotramel	Austin
Jeannette Houghton	Wheatland

COMMISSION ON AGING

Cynthia Mallory	Director
Beth Whyte	Meals Coordinator
Shannon Sobieski	Transportation Coor.
Doreen Fisher	In-Home Service Coor.
Jessica Tice	Activity Center Coor.
Karrilynn Mollett	Outreach Worker
Open	Outreach Worker
Cindy McClurken	Volunteer Coor.
Julie Marrison	Accountant
Jackie Hulbert	Receptionist
Jon Hahn	Maintenance
Sally Wolfbrandt	Data Entry
Dolly Snyder	Homemaker Aide
Kelli Johansen	Homemaker Aide
Jessica Snyder	Homemaker Aide
Dawn Ketchum	Homemaker Aide
Kathy Payton	Homemaker/Respite
Kathleen Lett	Homemaker/Respite
N/A	Homemaker/Respite
N/A	Homemaker/Respite
Shawn Young	Van Driver
Paul Owens	Van Driver
William Kohls	Van Driver
Paul Smith	Van Driver
Steven Angell	Van Driver Sub
Mark Sholty	Meals on Wheels
Dennis Zietlow	Meals on Wheels
Al Garner	Meals on Wheels
Krystel Mathews	Meals on Wheels
Mary Dodge	Cook
Julia Hoisington	Cook
Jayne Spedowski	Cook
Betty Wright	Cook
Bill Sharkey	Custodian
Open	AARP

The Director's Corner

Please Share!! SCAM ALERT Please Share!!

Friends,

We have had another report of a contest scam. Someone received a letter in the mail from what looked like Publisher's Clearing House which included a check. Scam Scam Scam!!! After they called the number on the letter and asked for more details they were instructed to cash the check and then send a copy of their statement to them. Seriously, they wanted to receive a copy of their bank statement. While some scams may not be this obvious they all want a way to get to your private or financial information. This is just another variation of the PCH scams going around. Please take a look at a portion of the letter this particular senior received:

"You are required by the International Sweepstakes law to pay winning taxes, handling, and processing fee. This will be handled by financier sponsorship check \$7,865.12 to assist you without your pocket expenses. Please contact your agent for further details. Please be advised, don't take any further action until you have contacted your claims agent (Richard Lenski) who will assist you on how to claim your cash prize winnings, please keep this award letter strictly confidential until your cash prize winnings has been processed and remitted to your designated account. It is company policy to keep this letter and your cash prize winning confidential to avoid double or false claims. (This check is to help you pay the fees)"

Please do not call the number they give you or deposit these checks. PCH does not send checks to cover fees and the phone number on the letter is to the scammer not PCH. As I stated there are other variations depending on the perpetrator. Another example we have seen is where the senior receives a letter instructing them to call a fake PCH number so the scammers can release their so called winnings. Just another way to find out your banking information or get you to go to Western Union to send them payment for fake fees before releasing the check. Any checks these scammers send you will bounce. Meanwhile, you will have sent them money from your checking account to pay a fraudulent fee.

From the PCH website: "If you are ever contacted by someone claiming to represent PCH, or claiming to be one of our employees, and asked to send or wire money (for any reason whatsoever, including taxes); or send a pre-paid gift card or Green Dot MoneyPak card in order to claim a sweepstakes prize — DON'T! It's a SCAM. If you are sent a check, told it's a partial prize award, and asked to cash it and send a portion back to claim the full prize award, DON'T. The check is fake, but the SCAM is real!" Our Super Prize is presented just the way you see it in our popular TV commercials, "live and in person" by our Prize Patrol, with balloons, bouquet of roses and check in hand with no advance notification!

Cynthia

Memorial
Contributions May Be
Sent To:

Mecosta County Commission on Aging
12954 80th Avenue
Mecosta, MI 49332



Hello Everyone and Happy August! We have some fun stuff going on this month!

- * Our Annual Yard Sale is HERE!!!!!! Our sale will be running from August 10th—17th from 9a-4p
- * Tuesday August 6th & 20th is our Acrylic Workshop with Marcia Lane
- * Wednesday August 14th we have Music with Ron Coman
- * Wednesday August 15th we have our AARP Driver Safety Class
- * Wednesday August 15th is Medicare Updates with Adam at 10am
- * Wednesday August 15th is the Watercolor Workshop with Joyce Capen
- * Our Blood Pressure Clinic is back and it is scheduled for August 14th & 22nd from 10:30am to 11:30am
- * Tuesday August 20th is a Q & A with Denise Moore from Mid Michigan Community Action
- * Wednesday August 21st we have Music with Mark & Scott

If you have any questions or suggestions feel free to reach out to me!

~~~**Jess**~~~





# In Home Services - Doreen

## What to know when picking Over-The-Counter Painkillers...

Making sense of the (OTC) drugs can be complicated. Almost all (OTC) drugs fit into four generic categories.



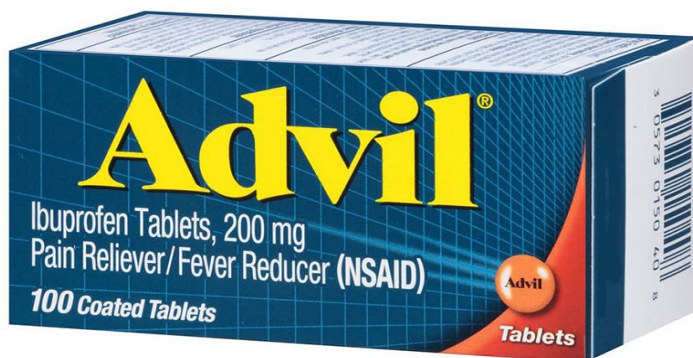
**\*Aspirin (Bayer, Anacin):** Works against fever, minor aches and pains caused by arthritis or swollen muscles.

**\*Acetaminophen (Tylenol):** Works on fever and pain but not for swelling.

**\*Ibuprofen (Advil, Motrin, Nuprin):** Helps pain, swelling and fever. It's especially good for muscle pain and arthritis.

**\*Naproxen Sodium (Aleve):** Used for swelling, fever, arthritis and minor pain. It works longer than others.

Acetaminophen works in the brain to dull the sensation of pain. The others work by suppressing chemicals that send pain signals to the brain.



**\*\*Remember to always read your warning labels. You may also want to consult your doctor or pharmacist. All drugs have potential side effects, especially if you take too much.**

### Highlights In Home Services– June 2024

|                           |    |                         |     |
|---------------------------|----|-------------------------|-----|
| Homemaker Aide Client's   | 90 | Homemaker Aide Hours    | 392 |
| Homemaker/Respite Clients | 1  | Homemaker/Respite Hours | 16  |
| Respite Clients           | 6  | Respite Hours           | 88  |



# TRAVELING TIMES



## **Day Trip!**

**September 12th, 2024 — Detroit Tigers Baseball Game**

We will leave the Senior Center at 9:00 AM with arrival time near 12:30 PM at the stadium.

Detroit Tigers v Colorado Rockies, game time of 1:10 PM.  
This should be a fun day at Comerica Park!

**No refunds on this trip. Seating is limited.**

**Call Shannon for details and to reserve your seat. 231.972.2884**

**Ed & Ted's Excellent Adventure is offering a trip April 2025!**

**"Thunder Over Louisville"**

**April 10th—April 13th, 2025**

Rated as one of the top 100 events in North America, the Derby Festival's Opening Ceremonies is truly a sight to behold. The Air Show dazzles the crowd with more than 100 plane, aerobatics teams, daring sky diving groups, and breathtaking views. When it gets dark, the Thunder rolls. Eight 400-foot barges assemble on both sides of the 2nd Street Bridge to form the stage from which the fireworks spectacular ignites. The breathtaking and mind-numbing show includes Thunder's signature one-mile "Waterfall" effect off the bridge making the fireworks seem to rain down forever.

**Call Shannon for details. 231.972.2884**

**Buffalo Round Up South Dakota Sept 21st-30th, 2024**

**Branson Trip Dec 2nd-7th, 2024**

Buffalo Round up is sold out

Branson Trip is sold out.

There is a waiting list for these trips.

**June Facts**

**Volunteer Driver Miles—Out of County: 7486 In County: 2959  
Total Volunteer Hours: 421.75 Medical Van Miles: 5524**



# August



Find all 25 HIDDEN WORDS in the word search puzzle below. Good luck!

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| W | G | E | F | P | O | P | S | I | C | L | E | B | G |
| C | A | C | I | C | I | N | C | I | P | U | O | G | R |
| A | C | T | R | B | O | O | K | S | C | N | A | F | I |
| B | A | S | E | B | A | L | L | E | F | R | D | E | L |
| S | B | W | W | R | R | X | B | I | D | P | R | D | L |
| R | I | I | O | V | M | R | R | E | O | I | A | A | I |
| E | C | M | R | R | A | E | N | O | C | R | Y | N | N |
| H | Y | M | K | B | E | I | L | E | Y | E | K | O | G |
| C | C | I | S | X | N | W | C | O | B | M | C | M | W |
| A | L | N | M | G | L | R | O | R | N | M | A | E | B |
| E | E | G | H | A | E | O | N | L | G | U | B | L | H |
| T | V | A | C | A | T | I | O | N | F | S | X | C | P |
| X | W | I | M | K | R | M | F | H | V | N | A | M | A |
| R | E | L | K | N | I | R | P | S | C | E | U | A | R |
| G | N | I | N | R | A | E | L | B | B | S | N | S | K |

BACKYARD  
BARBECUE  
BASEBALL  
BEACH  
BICYCLE  
BONFIRE  
BOOKS

FIREWORKS  
GARDENING  
GRILLING  
ICE CREAM  
LEARNING  
LEMONADE

PARK  
PICNIC  
POOL  
POPSICLE  
SCHOOL  
SPRINKLER

SUMMER  
SUNFLOWER  
SWIMMING  
TEACHERS  
VACATION  
WATERMELON

## Volunteer and Home Maintenance Corner



## All Volunteers

Please log your hours.  
You can use the kiosk  
or there are paper  
volunteer timesheets  
outside Cindy's office door.  
Thank you.



08/1 Shannon Sobieski  
8/6 Catherine Gilroy  
8/6 Nancy Hopkins  
8/6 Jessica Tice  
8/7 Thomas Foster  
8/7 Linda Greene  
8/7 Chis Miller  
8/8 Cynthia Mallory  
8/9 Dorothy Mallory  
8/13 Sarah Longcor  
8/16 Alan Garner  
8/17 Sandy Scherlitz  
8/25 Gayle Rosa  
8/31 Ginny Barawskas  
8/31 Cherie Denslow  
8/31 Cheryl Lamb

“To often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.” Leo Buscaglia

**Do you need home repairs beyond the scope of our handy-men?**

Such as  
Handrails & Steps  
Floors  
Door & Thresholds  
Appliances  
Shower/Bath Modifications  
Lighting

# Disability Advocates Home Modification Program Eligibility

**Requirements**  
62 years or older  
Own Your Home  
Proof of Yearly Income

Contact Lisa Nelson-Williams at  
616-323-2222

## August 10-17

### **Bored?**

Come over to the  
MCCOASC  
& I'll put you to work.

## August 19-30 Clean-Up

We'll gather up the remains of the sale & we'll distribute items to other local non-profits.



To Our Kitchen  
Volunteers  
Thank you for Your  
Hard Work



## BARRYTON MEAL SITE

Barryton Senior Building, 71 Northern Ave,  
Barryton, Michigan 49305

OPEN TO THE GENERAL PUBLIC!!!



**Open: Mondays & Tuesdays**  
11:30AM-12:30PM

**Birthday Celebration August 6, 2024**

**For Reservations:** call the COA phone at  
231-972-2884



**Cost:** Persons age 60+  
suggested donation is \$3.00  
Persons under age 60 cost is \$6.00

## DID YOU KNOW...

**In June we served**

**4890** Home Delivered Meals  
To Homebound Seniors

**834** Congregate Site Meals  
Mecosta & Barryton

**Help us bring our congregate  
counts up by inviting  
a friend to lunch or joining us  
for one of our Community  
Fundraising Dinners!**

## BBQ Ribs & Prime Shopping!

Kick Off For Annual Yard Sale!

**5:30 pm Wednesday**

**August 7, 2024**

At the Mecosta County Commission  
on Aging & Activity Center  
12954 80th Avenue ~ Mecosta, MI

**\$10 Suggested Donation**

All proceeds go to Meal on Wheels Mecosta County

**Reservations are recommended!**

5:30 pm Social Hour & 50/50 tickets  
~ 6:00 pm Rib Dinner ~

**7:00 - 8:00 pm Prime Shopping!**

All dinner guests get 1 hour of  
"Prime Shopping"  
at our Annual Yard Sale



Prime Rib Dinner has been moved to  
August 21, 2024, see flyer!

Call (231)972-2884 for more information

# ACTIVITY CENTER MEMORIAL TREE

MAY YOU FIND COMFORT IN KNOWING YOUR  
THOUGHTFUL GIFTS HAVE MADE A DIFFERENCE IN  
THE LIVES OF SENIORS.

WE RECEIVED DONATIONS IN MEMORY OF:

ARDATH GLODEN  
JOHN SWITCHULIS

"WHEN SOMEONE YOU LOVE BECOMES A MEMORY, THE  
MEMORY BECOMES A TREASURE."  
AUTHOR UNKNOWN



**Medicare Updates &  
Changes with Adam  
Spedoske.**

Thursday August 15th at 10am  
Call 231-972-2884 to RSVP your  
spot!



**MUSIC WITH  
RON COMAN**

**WEDNESDAY AUGUST 14TH AT  
11 AM**



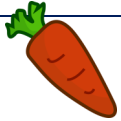




**Music with Mark  
Baumann & Scott  
McGaughey**  
**Wednesday August  
21st at 10:45am**





# August Meals Menu

Meals On Wheels DO NOT have a meal delivered on WEDNESDAYS

| MONDAY                                                                                                                                                  | TUESDAY                                                                                                                                              | WEDNESDAY                                                                                                                                                                                                          | THURSDAY                                                                                                                                                  | FRIDAY                                                                                                                                                 |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Special Days</b><br><br>August 7th Evening Meal<br>"Not So Prime Rib - Rib Dinner/Prime Shopping<br><br>August 21st Evening Meal<br>Prime Rib Dinner |                                                                                                                                                      |                                                                                                                                                                                                                    | 1<br><b>SALAD BAR!!!</b><br><br><b>HOME DELIVERED IS CHEF'S CHOICE</b> | 2<br><b>SALAD BAR!!!</b> <br><b>HOME DELIVERED IS CHEF'S CHOICE</b> |
|  5<br><b>Salad Bar!!!</b><br><b>HOME DELIVERED IS CHEF'S CHOICE</b>    | 6 <br><b>Salad Bar!!!</b><br><b>HOME DELIVERED IS CHEF'S CHOICE</b> | 7 <br><div style="border: 2px solid orange; padding: 5px; display: inline-block;">No Noon Meal</div><br><b>NO MEALS ON WHEELS</b> | 8 <br><b>Salad Bar!!!</b><br><b>HOME DELIVERED IS CHEF'S CHOICE</b>    | 9  <b>Salad Bar!!!</b><br><b>HOME DELIVERED IS CHEF'S CHOICE</b>    |
| 12<br>Breaded Salmon Patty<br>Oven Browns<br>Brussel Sprouts<br>Bread<br>Fresh Fruit<br>Milk                                                            | 13<br>Ham Fried Rice<br>With Eggroll<br>Oriental Veggies<br>Bread<br>Mandarin Oranges<br>Milk                                                        | 14<br>Cheeseburger<br>French Fries<br>Cucumber Salad<br>Bun<br>Fresh Fruit<br>Milk<br><br><b>NO MEALS ON WHEELS</b>             | 15<br>Biscuits & Gravy<br>Scrambled Eggs<br>Asparagus<br>Bread<br>Fruit Juice<br>Milk                                                                     | 16<br>Goulash<br>Stewed Tomatoes<br>Green Beans<br>Bread<br>Diced Pears<br>Milk                                                                        |
| 19<br>Polish Sausage & Kraut<br>Baked Beans<br>Bread<br>Mixed Fruit<br>Milk                                                                             | 20<br>Pulled Pork<br>Baked Mac and Cheese<br>Cauliflower<br>Bread<br>Fresh Fruit<br>Milk                                                             | 21<br><div style="border: 2px solid orange; padding: 5px; display: inline-block;">No Noon Meal</div><br><b>PRIME RIB DINNER 5:30 PM</b>                                                                            | 22<br>Chicken Strips<br>Potato Wedges<br>Vegetable Medley<br>Bread<br>Fresh Fruit<br>Milk                                                                 | 23<br>Baked Pollock<br>Parmesan Potatoes<br>Broccoli Normandy<br>Bread<br>Fresh Fruit<br>Milk                                                          |
| 26<br>Meatballs<br>Baked Potato<br>Carrots<br>Bread<br>Tapioca Pudding<br>Milk                                                                          | 27<br>Breaded Veal Cutlet<br>Au Gratin Potatoes<br>Mixed Veggies<br>Bread<br>Fresh Fruit<br>Milk                                                     | 28<br>Tuna Salad on Croissant<br>7 Layer Salad<br>Fresh Fruit<br>Milk<br><b>NO MEALS ON WHEELS</b>                                                                                                                 | 29<br>Marinated Chicken Breast<br>Rice Pilaf<br>Cali Blend Veggies<br>Bread<br>Tropical Fruit<br>Milk                                                     | 30<br>Taco Salad<br>Tortilla Chips<br>Black Beans & Corn<br>Fruit Crisp<br>Milk                                                                        |

**Dine In Meals are Monday thru Friday 11:30 am - 12:30 pm**  
**Menu is subject to change if needed**

# August 2024 Center PULL OUT & PIN UP

## Daily Activities

### EXERCISE:

#### EnhanceFitness®

Monday- 7:30a & 8:30a

Tuesday- 8:30a

Wednesday- 7:30a & 8:30a

Thursday- 8:30a

Friday- 8:30a

### DANCE INSTRUCTION

Line Dance: Every Tuesday  
from 10:00am until 11:30am

#### Chair Line Dance:

11 am Mondays & Wednesdays

#### CARD GAMES

Bridge: 12:45 pm Monday

Euchre: 12:45 pm Tuesday

Wednesday

Friday

Pinochle: 12:45 pm Thursday

### OTHER ACTIVITIES

Bingo 1 pm Every Friday

Greeting Card Recycling:

10 am Tuesdays

Scrabble: 12:45pThursdays

Mah Jongg: 12:30p Thursdays

Bunco: 1st Monday of every  
month at 10:00am

#### Monthly

#### Support Groups & Clinics

Foot Clinic

\*Please call (231)972-2884  
to make an appointment

\* Denotes a change

| SUNDAY | MONDAY                                                                                                   | TUESDAY                                                                                                                                        |
|--------|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|
|        |                                                                                                          |                                                                                                                                                |
| 4      | 5<br>8:30 am EnhanceFitness®<br>11:00 am Chair Dance<br>11:30 am - 12:30 pm<br>Lunch<br>12:45 pm Bridge  | 6<br>8:30 am EnhanceFitness®<br>10:00am Line Dance<br>11:30 am - 12:30 pm<br>Lunch<br>1:00pm Euchre                                            |
| 11     | 12<br>8:30 am EnhanceFitness®<br>11:00 am Chair Dance<br>11:30 am - 12:30 pm<br>Lunch<br>12:45 pm Bridge | 13<br>8:30 am EnhanceFitness®<br>10:00am Senior Center<br>Board Meeting<br>10:00am Line Dance<br>11:30 am - 12:30 pm<br>Lunch<br>1:00pm Euchre |
| 18     | 19<br>8:30 am EnhanceFitness®<br>11:00 am Chair Dance<br>11:30 am - 12:30 pm<br>Lunch<br>12:45 pm Bridge | 20<br>8:30 am EnhanceFitness®<br>10:00am Line Dance<br>11:30 am - 12:30 pm<br>Lunch<br>1:00pm Euchre                                           |
| 25     | 26<br>8:30 am EnhanceFitness®<br>11:00 am Chair Dance<br>11:30 am - 12:30 pm<br>Lunch<br>12:45 pm Bridge | 27<br>8:30 am EnhanceFitness®<br>10:00am Line Dance<br>11:30 am - 12:30 pm<br>Lunch<br>1:00pm Euchre                                           |







**MEALS on WHEELS**  
MECOSTA COUNTY

## DO YOU HAVE A FEW HOURS A WEEK?

We are currently seeking VOLUNTEERS TO HELP DELIVER MEALS ON WHEELS TO THOSE IN NEED IN OUR COMMUNITY. VOLUNTEERS ARE VITAL TO ENSURING THAT VULNERABLE INDIVIDUALS HAVE ACCESS TO NUTRITIOUS MEALS AND SOCIAL INTERACTION. IF YOU ARE INTERESTED IN BECOMING A MEAL DELIVERY VOLUNTEER, PLEASE CONTACT US AT (231)972-2884 TO SIGN UP! VOLUNTEERS MUST HAVE A VALID DRIVER'S LICENSE, RELIABLE TRANSPORTATION AND BE ABLE TO PASS A BACKGROUND CHECK. THANK YOU FOR CONSIDERING VOLUNTEERING WITH OUR MEAL DELIVERY PROGRAM. YOUR SUPPORT MAKES A DIFFERENCE IN THE LIVES OF THOSE WE SERVE!

## Foot Clinic Wednesday, August 21st, 2024

AT MECOSTA COUNTY COMMISSION ON  
AGING & ACTIVITY CENTER



PLEASE CALL (231) 972-2884  
TO MAKE AN APPOINTMENT!

PLEASE BRING YOUR OWN SOAK TUB,  
TOWEL & \$20 CASH!

# August 2024 Center PULL OUT & PIN UP

| WEDNESDAY                                                                                                                                                                                               | THURSDAY                                                                                                                                                                                                     | FRIDAY                                                                                                               | SATURDAY                                 |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|------------------------------------------|
|                                                                                                                                                                                                         | <b>1</b><br>8:30 am EnhanceFitness®<br>11:30 am - 12:30 pm<br>Lunch<br>12:45 pm Pinochle<br>12:45pm Scrabble & Mah Jongg                                                                                     | <b>2</b><br>8:30 am EnhanceFitness®<br>11:30 am - 12:30 pm<br>Lunch<br>1 pm Euchre<br>1 pm Bingo                     | <b>3</b>                                 |
| <b>7</b><br>8:30am EnhanceFitness®<br>11:00 am Chair Dance<br>11:30 am - 12:30 pm<br>Lunch<br>1 pm Euchre                                                                                               | <b>8</b><br>8:30 am EnhanceFitness®<br>11:30 am - 12:30 pm<br>Lunch<br>12:45 pm Pinochle<br>12:45pm Scrabble & Mah Jongg                                                                                     | <b>9</b><br>8:30 am EnhanceFitness®<br>11:30 am - 12:30 pm<br>Lunch<br>1 pm Euchre<br>1 pm Bingo                     | <b>10</b><br><br>First Day of Yard Sale! |
| <b>14</b><br>8:30am EnhanceFitness®<br>9a-10:45a Music with Ron Coman<br>11:00 am Chair Dance<br>11:30 am - 12:30 pm<br>Lunch<br>1 pm Euchre                                                            | <b>15</b><br>8a AARP Driver Safety Class<br>8:30 am EnhanceFitness®<br>10am Medicare with Adam S.<br>11:30 am - 12:30 pm Lunch<br>12:45pm Pinochle<br>12:30pm Scrabble & Mah Jongg<br>1p Watercolor Workshop | <b>16</b><br>8:30 am EnhanceFitness®<br>11:30 am - 12:30 pm<br>Lunch<br>1 pm Euchre<br>1 pm Bingo                    | <b>17</b><br><br>Last Day of Yard Sale!  |
| <b>21</b><br>8:30am EnhanceFitness®<br>9:00am Advisory Board Mtg.<br>10:45a Music with Mark Baumann<br>9a-3p Foot Clinic(By Apt)<br>11:00 am Chair Dance<br>11:30 am - 12:30 pm<br>Lunch<br>1 pm Euchre | <b>22</b><br>8:30 am EnhanceFitness®<br>11:30am - 12:30pm Lunch<br>12:45 pm Pinochle<br>12:45pm Scrabble & Mah Jongg                                                                                         | <b>23</b><br>8:30 am EnhanceFitness®<br>11:30 am - 12:30 pm<br>Lunch<br>1 pm Euchre<br>1 pm Bingo                    | <b>24</b>                                |
| <b>28</b><br>8:30am EnhanceFitness®<br>11:30 am - 12:30 pm<br>Lunch<br>1 pm Euchre                                                                                                                      | <b>29</b><br>8:30 am EnhanceFitness®<br>11:30am - 12:30pm Lunch<br>12:45 pm Pinochle<br>12:45pm Scrabble & Mah Jongg                                                                                         | <b>30</b><br>8:30 am EnhanceFitness®<br>11:30am - 12:30pm Lunch<br>12:45 pm Pinochle<br>12:45pm Scrabble & Mah Jongg | <b>31</b>                                |



## **Want to make a HUGE difference in the life of a Senior? Volunteer!**

Do you have an active driver's license? Do you want to stay active?

Do you like to drive and travel?

We are currently in need of Volunteer Medical Transportation Drivers. We provide transportation to medical appointments for seniors who live in our county. Drivers can drive locally or travel out of the county for medical appointments.

Regardless of how much or how little time you may have, every volunteer counts! Volunteerism is essential and your community needs you. Also, volunteering is good for your mental, emotional, and physical health. Volunteering helps us to continue to feel productive, provide a sense of purpose, and can be a rewarding experience.



Medical Transportation Drivers volunteer their time but do receive a reimbursement for mileage and per diem. Hours and days are flexible.

Please call Shannon at: 231-972-2884  
to see how you can get on the road to volunteering!





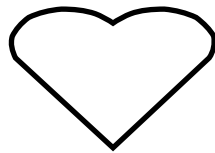
*Watercolor  
WORKSHOP WITH JOYCE Capen.  
THURSDAY AUGUST 15TH at 1:00PM  
\$5  
call 231-972-2884 to reserve your  
SPOT!*





# Blood Pressure Clinic

Wednesday August 14th & 22nd from 10:30a to 11:30am at the  
Mecosta County Commission on Aging & Activity Center.



## ATTENTION AUGUST BIRTHDAYS!!!

JOIN US FOR OUR AUGUST BIRTHDAY PARTY  
WEDNESDAY AUGUST 14TH! YES THERE WILL BE TREATS  
AND YES THERE WILL BE SINGING!





**Our annual Yard Sale  
is here!!!**

**Join us and shop  
until you drop!  
August 10th-August 17th  
from 9am– 4pm!**

**All proceeds go towards the  
Meals Program and  
updates to our  
Food Wagon!**





# Driver Safety Program!

AARP Driver Safety Program August 15th from 8:15am until 5:00pm at the Mecosta County Commission on Aging. Call 231-972-2884 to sign up!

AARP Driver's Safety Class can help lower your insurance cost. Some insurance companies will give you a discount if you have had this course. The certificate is good for 3 years! Call your insurance company and see if they participate and then call and sign up for this course! The class is for ages 50 and older. The cost of the class is \$20 for AARP members and \$25 for non members.



# **PRIME RIB DINNER**

## **Fundraiser for Meals on Wheels Mecosta County**



Mecosta County Commission on Aging & Activity Center  
12954 80th Avenue ~Mecosta, MI ~ 49332

**5:30 pm Wednesday, August 21, 2024**

**\$25.00 (1 person) OR \$45.00 (2 people)**

**MUST MAKE RESERVATIONS & PAY**  
**AT OFFICE RECEPTION AREA**

**5:30pm Social Hour and 50/50 tickets 6:00 pm Prime Dinner**

Your Dinner Choice of Prime Rib **OR** Cornish Game Hen, Potato,  
Steamed Summer Vegetables, Salad, Roll, Your Choice of a Decadent Dessert

**Thank you to our Sponsors**

Fate's Market/Remus  
Ebel's/Reed City  
Gordon Food Service

**All proceeds go to Meals on Wheels Mecosta County**

**Call (231) 972-2884 for more information**



## **MID MICHIGAN COMMUNITY ACTION Q&A**

Mid Michigan Community Action guides local residents on the path to self-sufficiency through empowerment, education and community enrichment.

**See how they can help you!**

Join us for a question and answer session and get to know your local MMCA coordinator.

Tuesday August 20th from  
10am-11am



# *ACRYLIC CLASS WITH MARCIA LANE*

TUESDAY AUGUST 6TH & AUGUST 20TH AT 1:00PM.

\$5

CALL 231-972-2884 TO  
RESERVE YOUR SPOT.

\*IF YOU WOULD LIKE TO BRING YOUR OWN CANVAS OF ANY SIZE  
YOU ARE WELCOME TO.



August 6th



August 20th





# Move To Music

## **Beginners Line Dancing**

~Tuesdays 10am-11:30am

## **Ultra Beginners Line Dancing**

~Wednesdays 10am-10:50am

(Starting August 14th. NO class the first Wednesday of the month)

## **Chair Dancing**

~Mondays & Wednesdays 11am-11:30am

Come join our activity instructors Elma Griffis and Elaine Grace and explore the health and happy benefits of dancing! 2 left feet, no problem! All levels are welcome. Dance is a gentle and painless way to exercise because it engages the mind and body in an enjoyable way that does not feel like exercise. It can cause fewer injuries and the movements are less repetitive.

Seniors have many health benefits to dancing, from better cardiovascular health, improved bone health and balance.

**Mecosta County Senior Center Board**  
12954 80th Avenue  
Mecosta, Michigan 49332

Mecosta County  
Senior Center Board  
Nonprofit Organization  
U.S. Postage Paid  
Mecosta, Michigan  
Permit No. 5

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[www.mecostacounty.org/mccoaa](http://www.mecostacounty.org/mccoaa)