



Gratiot County Commission on Aging would like to welcome Shaylynn (Shay) Wood. Shay will be taking on the position of Kitchen Manager, after previously running the kitchen at the county jail. Shay and her four year old son moved to Gratiot County in 2023. If they aren't venturing to the local beaches and parks, they are hunting for used books to add to their growing library at home. Shay is excited to have joined the amazing team at Commission on Aging. Giving back to the community is what she enjoys doing. Shay looks forward to the future and all the positive experiences to come.

ITHACA SAMPLING NEW MENU ITEMS FOR THE FOOD WITH FRIENDS PROGRAM



Book Nook Puzzles & Greeting Cards



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

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

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



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

August 2025
Volume L
Number 8

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

NON-PROFIT ORGANIZATION
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Senior Gratiot Subscription/Donation

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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.

July 2025 Mail Prep Team Volunteer Thank You!

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

Helen Hoard, Janine Snyder, Nora Kowitz, Sherry Hurt, Tamala Coe, Linda Strohpaull, Ireve Oliver Peck, Ellen Martin, Gail Paradise, Tricia Smith, Sue Wernick, Marge Clapp, Ruthie Malek, Janet Holt, Jerry Chvojka National Honor Society Ithaca High School -Advisor Megan Ridgell, Jacob Mankey, Thad Whitmore, Landen Styka, Delaney Smith

VOLUNTEER ACTIVITY August 2025

Please contact Sue Koch to register for these teams

Recycled Greeting Cards Team
Commission on Aging in Ithaca
Third Wednesday of every month
Next meeting August 20, 9:00-11:30 am

Mitten Makers/Hats Galore Knit-In
Commission on Aging in Ithaca
Third Thursday of every month
Next meeting - August 21, 9:00-11:30 am

Senior Gratiot Newspaper Prep Team
Commission on Aging in Ithaca
August 28, 9:00 - 11:00 am

Reminder:

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

Social Security Administration
1.800.772.1213



Board of Directors

- Brenda Pratt, District 1
- Yvette Franco-Clark, District 2
- Paul Showers, District 3
- David Kimball, District 4
- Gail Paradise, District 5
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- 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

Loan Closet

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



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

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

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



BENEFITS OF SHOWER GRAB BARS

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

Benefits of Grab Bars:

1. **Increased Safety**

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

2. **Greater Independence**

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

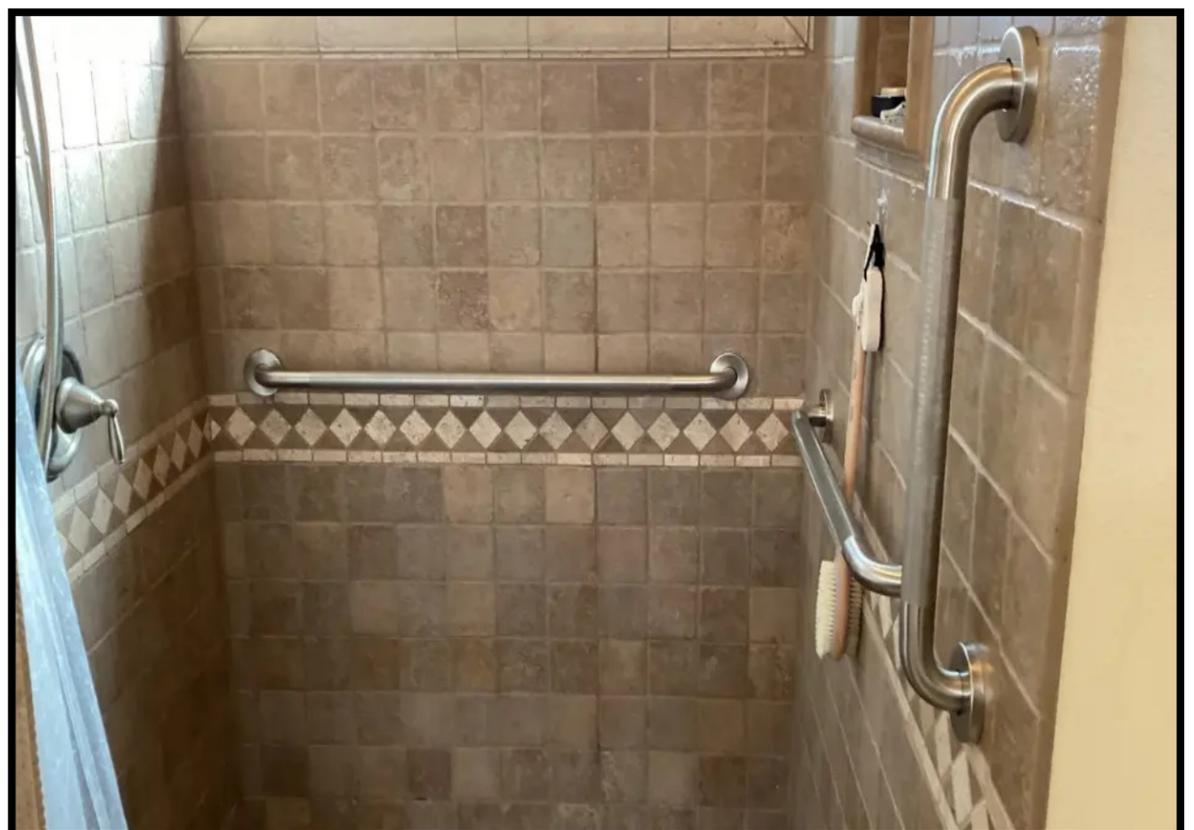
3. **Enhanced Comfort**

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

4. **Support for Mobility Challenges**

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

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



Senior Activity Building

June 2025

Senior Center

Ithaca Food with Friends

Mon

Tue

Wed

Thu

Fri

<p>8-10 EVERYDAY SAB Coffee & Conversation</p> <p>10:00 EVERYDAY Visits, news, games, & activities</p> <p>12:00 Monday through Friday Food with Friends Meal at Noon, call 989-875-2135 to make your reservation (See menu on page 8.)</p>					<p>1</p> <p>8:00am-10:00am </p> <p>11:30 Blood Pressure ✓</p> <p>12:00 FWF Meal</p> <p>1:00 Otago Class</p> <p><i>SEED DAY!</i></p>
<p>4</p> <p>8:00am-10:00am </p> <p>11:50am Nutrition info</p> <p>12:00pm FWF Meal</p> <p>12:45pm 5 Crown Card game</p>	<p>5</p> <p>8:00am-10:00am </p> <p>10:00am EZ Motion</p> <p>11:00am Wii Bowling</p> <p>12:00pm FWF Meal</p> <p>12:45pm Card game (your choice)</p>	<p>6</p> <p>8:00am-10:00am </p> <p>10:00am BINGO BASH</p> <p>12:00pm FWF Picnic Lunch</p>	<p>7</p> <p>8:00am-10:00am </p> <p>10:00am EZ Motion</p> <p>11:00am Wii Bowling</p> <p>12:00pm FWF Meal</p> <p>12:45pm Movie/Popcorn</p>	<p>8</p> <p><i>Celebrate Linda's Birthday</i></p> <p>8:00am-10:00am </p> <p>12:00pm FWF Meal</p> <p><i>August B-day Celebration</i></p> <p>1:00pm Otago Class</p>	
<p>11</p> <p>8:00am-10:00am </p> <p>12:00pm FWF Meal</p> <p>12:45pm Bingo with Yvette –Schnep's provide prizes</p> <p>2:00pm Dulcimer Club</p> <p>Come to Listen</p>	<p>12</p> <p>8:00am-10:00am </p> <p>10:00am EZ Motion</p> <p>12:00pm FWF Meal</p> <p>12:45pm Card game (your choice)</p> <p>7:00pm VFW Post 7805</p>	<p>13</p> <p>8:00am-10:00am </p> <p>10:00am Knitting Group</p> <p>12:00pm FWF Meal</p> <p>1:00pm Horseshoes or Cornhole</p>	<p>14</p> <p>8:00am-10:00am </p> <p>10:00am EZ Motion</p> <p>11:00am Wii Bowling</p> <p>12:00pm FWF Meal</p> <p>12:45pm Movie/Popcorn</p>	<p>15</p> <p>8:00am-10:00am </p> <p>12:00pm FWF Meal</p> <p>1:00pm Otago Class</p>	
<p>18</p> <p>8:00am-10:00am </p> <p>12:00pm FWF Meal</p> <p>12:45pm Judy King, local author will share her experience while writing her book, "The Bent Handled Shovel"</p>	<p>19</p> <p>8:00am-10:00am </p> <p>10:00am EZ Motion</p> <p>11:00am Wii Bowling</p> <p>12:00pm FWF Meal</p> <p>1:15pm Board Meeting</p>	<p>20</p> <p>8:00am-10:00am </p> <p>10:00am Knitting Group</p> <p>12:00pm FWF Meal</p> <p>1:00pm Horseshoes or Cornhole</p> <p>7:00pm A-Tractive Tractor</p>	<p>21</p> <p>8:00am-10:00am </p> <p>10:00am EZ Motion</p> <p>11:00am Wii Bowling</p> <p>12:00pm FWF Meal</p> <p>12:45pm Wii Bowling</p>	<p>22</p> <p>8:00am-10:00am </p> <p>12:00pm FWF Meal</p> <p>1:00pm Otago Class</p>	
<p>25</p> <p>8:00am-10:00am </p> <p>12:00pm FWF Meal</p> <p>12:45pm BINGO BASH</p>	<p>26</p> <p>8:00am-10:00am </p> <p>10:00am EZ Motion</p> <p>11:00am Wii Bowling</p> <p>12:00pm FWF Meal</p> <p>12:45pm Card game (your choice)</p>	<p>27</p> <p>8:00am-10:00am </p> <p>10:00am Knitting Group</p> <p>12:00pm FWF Meal</p> <p>1:00pm Horseshoes or Cornhole</p>	<p>28</p> <p>10:00am </p> <p>10:00am EZ Motion</p> <p>11:00am Wii Bowling</p> <p>12:00pm FWF Meal</p>	<p>29</p> <p>8:00am-10:00am </p> <p>12:00pm FWF Meal</p> <p>1:00pm Otago Class</p>	



Senior Activity Building Senior Center & Ithaca Food with Friends News

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

Every morning from 8:00am to 10:00am, Linda St. Charles and many seniors will be happy to welcome you to our Senior Activity Building's Coffee and Conversation time. You are welcome to spend just a few minutes or the full two hours. It is a great way to get your day off to a good start. Come only once as a stranger!

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

The Monday Nutrition class (August 4th) will include a discussion about *How Foods Affect Chronic Illness*. There are two regular Bingo dates in August. Yvette will bring the Schnep prizes and call for us on the 11th while the Food with Friends program will donate many prizes, including the special coverall prize on the 25th. We welcome you to play a game of 5 Crowns on the 4th and again on any of the Tuesdays when card games are scheduled. The scheduled time is 12:45pm, right after our FWF meal. The *BIG BINGO BASH* is on Wednesday, the 6th from 10:30 am - 12:00pm with doors opening at 10:00am. We will then enjoy our FWF Summer Picnic inside our air-conditioned building.

The *Just for Fun Dulcimer Club* will be back with us on

Monday, the 11th at 2:00pm. Come tap your toes while you enjoy their gift of music. Mark the 18th on your calendar, then reserve your meal so you can greet Judy King prior to her "talk" at 12:45pm. Judy is a local author who will have you laughing while sharing her many experiences about writing her first book, "The Bent Handled Shovel". If you happen to have a bent handle on an old tool or piece of small equipment, bring it for our display. Maybe the handle is not bent, but the tines on a fork or other tool are bent. Judy will have copies of her book available, if you would like to purchase a copy.

Tuesdays are active days! The EZ Motion class and the Wii Bowling Seniors are happy to welcome more seniors who are joining them. The EZ Motion group begins stretching at 10:00. Then at 11:00, the Wii Bowling games begin! There is always room around the puzzle table. Our Senior Activity Building Board meets on the 19th at 1:15pm. You are always welcome to attend.

Wednesdays are busy with the knitting group at 10:00am and then the Horseshoe or Cornhole players and cheerleaders pick up the pace at 1:00pm. You are welcome to attend these and all activities and classes each day. If the weather cooperates, we plan to get out to the *horseshoe pits* and walk *Wanda's Walk*. A special thank you to Cleo Flegel who hand crafted another set

of Cornhole boards. We often needed two sets.

Thursday schedules are similar to those on Tuesday. You'll find on the second Thursday that it is time reserved for a *movie and popcorn* right after our noon FWF meal. We have several movies to choose from. Calling all Pickleball players and cheerleaders on the 17th, 24th, and 31st at 12:45pm. The Senior Activity Building will provide the paddles and balls.

The first Friday of the month, August 1st, you will find Joyce Raycraft available to check your blood pressure from 11:30am - 12:00pm. The Central Michigan students will lead the Otago Class that stresses exercise that will help you to improve your balance. There is no charge for any of the scheduled activities.

The movie 1776 was a favorite last month. The August group will choose the movie from our collection at lunch time.

We welcome our students from Central Michigan at 1:00pm each Friday. They will help you to improve your balance. Our Tuesday and Thursday exercises consist of stretching. You are welcome to join these classes any time.

Looking ahead, put September the 5th, a Friday, on your calendar. For many years we have invited the first, second, and third generation seniors to celebrate with Jo while thinking of their parents, grandparents, aunts, uncles, cousins who also

have been a part of the 47 years that Jo has shared with Ithaca Food With Friends Seniors. In addition to our yearly cake and ice cream celebration, we will have another *Bingo Bash* before the FWF meal. The bingo will begin at 10:20am and finish at 11:30am so we can tally the scores and award the special prizes donated by the Commission on Aging Food with Friends program. The games will be played and scored by the Ithaca Food with Friends system. The Coverall winner will be awarded a special prize before the scores are announced for the many other special prizes. Please reserve your spot as soon as possible, since the first week in September is a short week beginning with Labor Day on Monday. Reservations will close on Wednesday, September 3rd.

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

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

Senior Activity Building Donors

THANK YOU for your gifts received by the Senior Activity Building from June 11, 2025 through July 15, 2025:

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

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

In MEMORY of PAT VERNON
Edie Beck

In MEMORY of FRANK & SHIRLEY SMITH
Edie Beck

In MEMORY of VIRGINIA MATHEWS
Hilda Oakes

In MEMORY of BETTY BLACK
Edie Beck
Sheryl Mason & Family

In MEMORY of ROBERT MASON
Edie Beck
Sheryl Mason & Family

In MEMORY of CHRIS SPARKS
Linda St. Charles
Marita & Doug Harkness
Diane & Chris Yonker

In MEMORY of LINDA WEBURG
Linda St. Charles

GIFTS IN GRATITUDE TO THE SENIOR ACTIVITY BUILDING

Jo Jones
Marci Browne
VFW Post # 7805
Cleo Flegel
Linda St. Charles

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

Mary Humm

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



AUGUST IS HERE!

I was just looking up some fun August information for your reading. I love this first one. August 1st is National Girlfriends Day, we women know we need our girlfriends. Most of my girlfriends I have known since grade school, and we still keep in touch. Yes to National Root Beer Float Day on August 6th. Who knew August 13th is National Left Handers Day? The 29th of August National Burger Day. I love August national days! It is also associated with the peak of summer. I always associated it with getting ready for back-to-school days. Don't know about you all, but I'm glad those days are over.

On to a little serious note for a second. I know there are quite a few who read this newsletter and know that I recently lost both my parents three weeks apart. I just want to thank you all for the love, cards, prayers, and support so many have shown me through this emotional time. Thank you to the Fulton Site, as you all know, they thought of you as family.

On to something more uplifting. I had some crafts for the Filling Station friends I had planned for June and July. However, we didn't get to them so we plan to get the craft projects underway this month. Check the dates below. We are looking forward to the *Bingo Bash* on the 6th at the Ithaca site. Hope to see lots of faces there! If I can ever figure out how to use my new projector, we can watch a movie at the Filling Station every now and again.

Our arms are opened to welcome new friends to join us. If you are feeling nervous about coming alone, please don't. Come for an hour or two and give us a try, we will make you feel welcome. Hope to see you soon.

Any downtime is filled with dice, cards or any game we all feel like playing.

August 6th	10:00am - 12:00pm	BINGO BASH at Ithaca Senior Center -doors open at 10:00am. Picnic lunch at 12:00pm
August 8th	10:30 am 12:00pm 12:30pm	Teacup Button craft Lunch Finish craft
August 15th	10:00am	Nutrition Talk
August 18th	12:30pm	Bingo Schnepps
August 27	10:30 am 12:00pm 12:30pm	Fairy Wands craft Lunch Finish craft
Mondays	10:00am 12:00pm 12:30pm	Sit and Stitch: Bring in a project you're working on. Show off your talents! Lunch Bingo
Wednesdays	10:30-11:00 am 12:00pm 12:30pm	Exercise with Laurels Lunch Games
Fridays	10:00am 12:00pm 12:30pm	Cards Lunch Cards

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



Happy August! Summer is winding down, but there is still a lot of warm weather ahead. Parents are getting things ready for the kiddos to return to school and the kiddos can't wait. There will be many last of summer things being done, that is why we here at the Breckenridge/Wheeler Food with Friends site are taking it a little slower this month. We have all had a busy summer thus far and all agreed to take a break from doing crafts for the month of August. We are looking forward to the big *Bingo Bash Party* at the Ithaca Senior Center on August 6th. Call the Commission on Aging for more information @ 989-875-5246 or Jo at the Ithaca Senior Center @ 989-875-2135. Next to Dirty Marbles, I think bingo is our favorite thing to do here at Food with Friends! Also, join us for *Some Like it Yacht* on August 21st, at the Alma Elks Lodge. This will be a fantastic event. There will be music, games, and food. Who doesn't like that combination? Please call the Commission on Aging office to find out more and make reservations. Hope to see you at both events.

We are all looking forward to some cooler days as fall approaches. We sure have had our share of hot days this summer. Don't get me wrong, we are not complaining, well, not much. We have truly been lucky in the fact that we have not had the terrible storms they have gotten in the rest of the country. With that being said, have a great summer and stay safe.

1st – National Girlfriend Day, Sister's Day	14th – Creamsicle Day
2nd – Ice Cream Sandwich Day	16th – National Bratwurst Day, National Roller Coaster Day, Tell a Joke Day
9th – Book Lovers Day	17th – Thrift Shop Day
11th – Son and Daughter Day	22nd – Be An Angel Day

August 1		Nutrition Talk—Tips for Staying Active (First Friday of the month)
August 6	10:00 am –2:00 pm	Summer Bingo Bash at Ithaca Senior Center
August 11		Celebrating August birthdays
August 21	10:00 am -2:00 pm	Some Like it Yacht at Alma Elks Lodge * Doors open at 10:00am
Monday		*10:00 am Dirty Marbles * 12:00 pm Lunch *12:30 pm Euchre/Sevens
Wednesday		*10:00 am Dirty Marbles * 12:00 pm Lunch *12:30 pm Bingo/Sevens
Friday		*10:00 am Dirty Marbles * 12:00 pm Lunch *12:30 pm Mexican Train Dominoes



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

AUGUST IS HERE ALREADY!

In my mind this doesn't seem possible. I know it is happening, as there is evidence all around me. It seems to me that there is a subtle change in the air. The sun doesn't feel quite as hot as it did last month. All the crops in the fields are well on their way to being ready to harvest. I love this time of year. All the fall activities will be starting up and soon everything will change color once again.

August 13th Craft / Beaded Sun Catcher

Summer is not over yet. Come join us at 10:30am to put together some fall colored beads into a sun catcher.

AUGUST 21ST 11:00 AM – 2:00 PM

SUMMER FUN DAY/SOME LIKE IT YACHT

WHERE: Alma Elks #1400 - 610 Warwick Dr. ALMA

This is a tribute to the Soft Rock / Hits of the 70s & 80s. There will be heavy hors d'oeuvre table, fruity drinks, summer games and great music. This is a free event for seniors over 60 and just \$5.00 for anyone under 60. Call in your reservation at 989-875-5246. This wonderful day comes to you courtesy of the Gratiot County Commission on Aging. Come enjoy the food, the music, and all the wonderful people you are bound to meet. See you there!

Please join us on August 27th for some *Produce Bingo*. It is always fun to enjoy some of the bounty the land provides.

August and September:

WISE Wellness Initiative for Senior Education

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

Bottle Caps Donation Update:

Travelers Protective Association Post I Ionia Michigan Plastic Cap Project

850 LBS of Caps = Bench 1250 LBS of Caps = Table

- Projects worked on in the past: Muir – Girl Scout Camp
 Gladwin- Special Olympics
 Saranac- 7th Grade Class
 Muir- 3 Rivers School – Autistic Children Center

Current Project: R.B. Boyce Grade School M-66 North of Ionia

In May 73lbs of Caps were turned into R.B. Boyce. Bottle Caps can be dropped off at the Fulton Senior Center any Monday, Wednesday, and/or Friday between 10:00am and 2:00 pm. Thanks to all of our friends and community neighbors for their donations.

Fulton Senior Center Book Library

Thanks to everyone that has come in last month and recycled their books with us. We get very excited to see what has arrived. Please continue to think of us when cleaning off your bookshelves. Books can be dropped off any time Monday, Wednesday, and/or Friday between 10:00am and 2:00pm.

MONDAY		WEDNESDAY		FRIDAY	
				AUG 1st	10:00am Cards 12:00pm Lunch 12:30pm Euchre, Dice, Skip Bo
AUG 4th	10:00am Cards 12:00pm Lunch 12:30pm Euchre, Dice, Skip Bo	AUG 6th	CLOSING TO ATTEND THE BIN-GO BASH BEING HELD AT THE ITHACA SENIOR CENTER 10:30 AM	AUG 8th	10:00am Cards 12:00pm Lunch 12:30pm Euchre, Dice, Skip Bo
AUG 11th	10:00am Cards 12:00pm Lunch 12:30pm Euchre, Dice, Skip Bo	AUG 13th	10:30am CRAFT 12:00pm Lunch 12:30pm Euchre, Dice, Skip Bo	AUG 15th	10:00am Cards 12:00pm Lunch 12:30pm Euchre, Dice, Skip Bo
AUG 18th	10:00am Cards 12:00pm Lunch 12:30pm Euchre, Dice, Skip Bo,	AUG 20th	10:00am Cards 11:00am Speaker from WISE 12:00pm Lunch 12:30pm Euchre, Dice, Skip Bo	AUG 22nd	10:00am Cards 12:00pm Lunch 12:30pm PRODUCE BINGO
AUG 25th	10:00am Cards 12:00pm Lunch 12:30pm Euchre, Dice, Skip Bo Nutrition– Tips for Staying Active	AUG 27th	10:00am Cards 11:00am Speaker from WISE 12:00pm Lunch 12:30pm Euchre, Dice, Skip Bo	AUG 29th	10:00am Cards 12:00pm Lunch 12:30pm Euchre, Dice, Skip Bo

Gratiot County COA

FWF Eat Smart Menu

Lunch 12:00-12:30 pm

August 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Menus are Subject to Change Without Notice	Milk provided with all meals	Suggested Donation \$2.50		
4 Pulled Pork Sandwich Whipped Potatoes Carrots Pears	5 Chef Salad Stuffed Roast Pepper Soup Cantaloupe Dinner Roll	6 Baked Spaghetti Italian Blend Cheesy Bread Stix Chocolate Chip Cookie	7 Chef Salad Baked Potato Soup Mixed Berries Dinner Roll	8 Cold Ham Sandwich w/Cheese on Honey Wheat Bread Potato salad Strawberries
11 Macaroni & Cheese California Blend Spinach Tropical Fruit Wheat Bread	12 NEW MENU ITEM Lemon Baked Cod Broccoli Mixed Vegetables Peaches Chocolate Chip Cookie Dinner Roll	13 Sloppy Joe on a Bun Potato Rounds Malibu Vegetable Blend Apple Slices & Peanut Butter	14 NEW MENU ITEM Hawaiian Pork Brown Rice Peas & Carrots Mandarin Oranges Yogurt Wheat Bread	15 Spanish Chicken Brown Rice Hot Apple Crisp Fruited Cole Slaw Wheat Bread
18 Breakfast Casserole Baked Apples Sausage Links Cinnamon Roll Orange Juice	19 Chicken Parmesan Green Beans Hot Peach Crisp Tossed Salad Wheat Bread	20 Walking Taco with Lettuce & Cheese Refried Beans Corn Fiesta Blend Orange	21 Potato Crunch Pollock Mixed Vegetables Whipped Sweet Potatoes Orange Hamburger Bun	22 Summer Chicken Salad on a Bun Potato Salad Crunchy Pea Salad Bananas
25 Boneless BBQ Chicken Whipped Potatoes Nantucket Vegetables Carrots Wheat Bread	26 Beef and Noodles Peas Carrots Mandarin Oranges Yogurt Dinner Roll	27 NEW MENU ITEM Pizza Casserole Mixed Vegetables Brussel Sprouts Banana Cheesy Bread Stix	28 Baked Chicken Carrots Cauliflower & Peas Fruit Cocktail Wheat Bread	29 Belgian Waffle Scalloped Hashbrowns Sausage Links Mixed Berries Clementine Wheat Bread

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.



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

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

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

Group topics that will be discussed include:

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

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

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

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

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

Many topics are discussed, including the following:

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

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

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



WISE

Wellness Initiative for Senior Education
Celebrating healthy aging and educating older adults

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

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

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

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

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

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

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

SCAN FOR MORE SPM INFO



HAVING SUICIDAL THOUGHTS? ASK FOR HELP **NOW.**

988 National Suicide Prevention Lifeline

YOU ARE NOT ALONE

989-463-4971
GRATIOT INTEGRATED HEALTH NETWORK CRISIS LINE

Commodity Food Distribution Date

Commodities distribution will be on **Wednesday, August 13, 2025. (Receive and July boxes)** Anyone 60 years and older who meets the income guidelines is eligible to receive the food commodities. Income guidelines are as follows: one person's monthly income no more than \$1,632; income per couple not to exceed \$2,215 monthly. (To confirm income guidelines, please call Eight Cap.) Anyone interested in the program **must** contact Eight Cap at 616.754.9315. Clients may pick up commodities at the Alma Elks, 610 W. Warwick Dr., Alma from **10:00 am to 12:00 pm.** or at Commission on Aging, 515 S. Pine River St., Ithaca from **12:30 to 2:30 p.m.**

Food with Friends

Alma/St. Louis

Filling Station
415 Park Avenue, Alma
Phone: 989.875.9118
Site Manager: Sue Waber

Breckenridge/Wheeler

Wheeler Township Hall
8510 E Monroe Rd., Wheeler
Phone: 989.330.7508
Site Manager: Lori Chvojka

Fulton

Fulton Township Hall
3425 W. Cleveland Rd., (M-57) Perrinton
Phone: 989.236.5019
Site Manager: Irene Noffsinger

Ithaca

Senior Activity Building
1011 E. North St., Ithaca
Phone: 989.875.2135
Site Manager: Jo Jones

Gratiot Community Personal Needs Pantry

The residents of Gratiot County continue to be served by the Gratiot Community Personal Needs Pantry with supplemental personal care items which cannot be purchased with a Bridge/SNAP card. The pantry is able to provide a pre-packed bag containing 4 rolls of toilet paper, a tube of toothpaste, dish soap, 2 bars of soap, laundry soap and other items, if available, upon request. These items are available thanks to the generous donations received from individuals, churches, and non profit organizations.

The Personal Needs Pantry is open to all Gratiot County residents. A client may use the pantry every 28 days and will need to present identification when they come. Please come to the rear of the church and remain in your vehicle. A volunteer will meet you and provide you with your bag of items.

**Location: St. Louis 1st United Methodist Church
116 S. Franklin St., St. Louis**

**When: Every Thursday,
12:00-3:00 p.m.**

A big thank you goes out to the volunteers of the community for their dedication to the pantry. If you have any questions, please contact the church at 989-681-3320.

FUN AT ITHACA FOOD WITH FRIENDS SITE

HELEN & VIOLA LOOKING AT THE MYSTERY PUZZLE



CLEO & RON ADJUST THE DOOR



PATRIOTIC PIANO CONCERT BY AL BARTHOLOMEW



AL GREETES THE SENIORS



THE AFTERGLOW BEGINS



Memorials

Commission on Aging

Garold Browne
Kathy Densmore

Bruce McConnell
Judy Brown

Wilma June Cole
Doug and Sue Fisher

Michael Dwyer
Theresa Steele
Olan Black
Lelah Dwyer

Mary Slater
Nancy L Throop

Garold Browne
David & Teresa Peters

Thank you for your support and generous donations.

Donations

Senior Gratiot

R Joanne Baker
Norma Moeggenborg
Judy Bohlmann
George Reuther
Lori Kostal
Sue Gott
Janet Schollaert
Mary Armola
Jane Myers

COA

Richard and Joanne Green
Immanuel Ladies Society
A. Dean Parling, Jr.

MORE FUN AT ITHACA FOOD WITH FRIENDS SITE

AFTERGLOW VISITS



AFTERGLOW VISITS



AFTERGLOW SMILES



JOIN OUR ART EXPLORATIONS CLASS

Come Curious - Leave Inspired

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



ALMA COMMUNITY ART CENTER

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

Check our website
for registration or call to
reserve your spot

WHAT TO EXPECT

- Guided Instruction
- Diverse Media
- Community

www.alma-ca.c.org
 989-463-8366

Spots fill quickly!

Come Curious - Leave Inspired

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

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

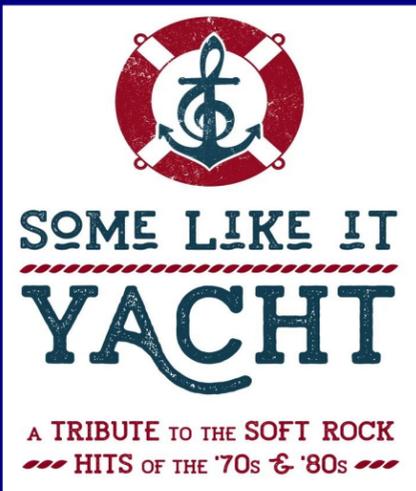
"This class is all about discovery," said Diane Clise, founder and president of the Alma Community Art Center. "We want to give people the chance to explore different art forms without having to commit to just one. You don't need any prior experience—just a willingness to try something new."

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

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

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

Come curious—leave inspired.



SUMMER FUN DAY Gratiot County

ALL ABOARD

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

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

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

THURSDAY, AUGUST 21, 2025

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

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

RSVP no later than August 6th
FREE Boarding for Seniors 60+
\$5.00 for under 60

Call 989-875-5246 for a unique tribute to summer!