

MANISTEE COUNTY COUNCIL ON AGING

SENIOR MOMENTS

Issue: July 2018

FREE

Meet the Staff



Sarah Howard
Executive Director

Jeanne Barber
Executive Assistant



Nancy Fortin
Assistant/
Facility Maintenance

Faye Keyes
Senior Assistant



Jo Hall
Receptionist

Molly Cichy
Bookkeeper

Board of Directors

Maureen Barry
President

Virgil Johnson
Vice President

Velma Moore
Secretary

Marlene McBride

Patty Spencer

Heather Volkema

Mary Kaye Wilkosz



HAVE A WONDERFUL JULY 4TH HOLIDAY

News & Notes from Sarah

By Sarah Howard
Executive Director

What are we doing? Life is so precious and I feel we have no idea how blessed we all are. I look at what our world is going through and it breaks my heart. I am someone who wants people to succeed in life. I am always hoping for the best and never want to become complacent with life. I am always so happy to see so many seniors that really care about the next few generations. I don't think I am a negative person, but some things in life do get me down. I believe in the human race and I am always going to go to bat for all of us. I hope you see life as something that is wonderful and amazing and not prejudice people for their race, or what other people pin on them. I am of the human race and will always promote kindness, goodness and love. I accept people as people and there is never anyone who will change my mind. I truly love the world; no matter where you are from, whatever your race or whatever your nationality. We are human beings, and God said to love your neighbor. I am someone who is very accepting, it may be simple minded by some people's standards but I genuinely will always be there for my fellow man/woman. I love unconditionally and will always be there to help my fellow human being. I hope this doesn't sound like I am preaching, but I am so sad that our world doesn't see America as the great Melting Pot. I will always be there for my fellow man / woman. Life is as special as we make it and I am not willing to give up on the human race.

I am really trying to hold everything together in life, probably like many other people my age. I have a wonderful family, but I don't seem to have as much time as I thought I would have at this time of my life. I have wonderful friends, who I don't have much time for. I have the best job in the world that I would never want to leave as long as I am making a difference. You would never believe how many wonderful people I get to work. Not only seniors, but I work with so many wonderful people throughout the county. If you have anything to share with me, about anything, give me a call or stop by, I want to be a positive force in our community and be a champion for the seniors in our county.

I hope you are ready for some fun! We have some great programs coming up in the next couple of months. We have the AARP Driving Course heading our way. This program goes over some driving updates and helps people with any new changes and updating them on some everyday driving rules. If this sounds like something you would like to do, give us a call to save your seat for this great program.

We also scheduled another Run Away to Rosie's for Karaoke. This was such a great time a couple of months ago, I even sang a song. I laughed so much when I realized that I put myself out there. I am very self-conscious when I sing. I consider myself tone deaf. The nice thing about this activity was everyone there is non judgmental, so I felt pretty good about my bad voice. I have had a couple of people that didn't sing at the last Karaoke because of nerves who have said they would sing with me at the next karaoke fun day. I am going to hold everyone to that. I figure if I try it, everyone should try it.

Project FRESH was another big success! This program is so important for local seniors. This program brings fresh local produce to the seniors in Manistee County. It also brings business to the local farmers in our county. Thank you to all of our volunteers who make this important program work. We sure couldn't do it without all of you.

Four years ago, we were waiting for the birth of our first grandchild. Our sweet Adeline was born July 23, 2015, and I can't believe she will be four this month. I am certainly a very proud grandma. She is the light of our life and can't believe how much we love this little girl. Life has been so much better since our grandchildren have come into the picture. Thank you to everyone who told me what a wonderful blessing each and every grandchild is. I hope you enjoy your July and remember to try something new!

Get involved with these activities!

Services

Foot Clinic: second Wednesday.

Next Foot Clinic: 10:30 a.m. on July 11.

Senior Food Bank: third Friday.

January through November. Next Food Bank: 9 to 11 a.m. on July 20.

Eyeglass Repair Clinic: third Thursday. Next Eyeglass Clinic 11 a.m. on July 19.

Free Attorney Consultations: second Tuesday. Next attorney consultations: July 10. Call for an appointment.

Exercise Opportunities

Exercise Group: 9 to 9:30 a.m. Monday & Wednesday

Sit & Get Fit (Manistee): 10 to 10:30 a.m. Tuesday & Thursday

Sit & Get Fit (Onkama): 10:45 to 11:30 a.m. Monday & Wednesday

Sit & Get Fit (Bear Lake): 10 to 11 a.m. Wednesday & Friday.

Bear Lake Methodist Church

Tai Chi (Marina): 1:00 p.m. Thursday
Indoor walking (Marilla): 10 a.m. Wednesday & Friday.

Sweatin' to the Oldies: 3:30 p.m. Monday & Wednesday.

STRUT! Jazzy tap class: 10:00 a.m. Mondays

Fun & Games

Drum Circle (Marina): 11 a.m. Thursday, July 5

Bridge: 1 p.m. Tuesdays.

Fun Bingo: 11 a.m. Wednesdays.

Produce Bingo: first Friday
Next Produce Bingo will be July 6.



July Milestones

Happy Birthday!

Evelyn Kenyon	7/3
Beth Klajda	7/6
Phyllis Shively	7/8
Mae Tolemy	7/8
Bob Nagel	7/8
John Eckoff	7/8
Robert Peters	7/8
Barb Bartosiewicz	7/9
Glenda Danks	7/10
Shirley Spriet	7/12
Myla Dinger	7/12
Mary Morris	7/13
Harold Cheney	7/15
Dolly Lindeman	7/16
Andy Barbera	7/18
Mary Hoar	7/18
Lenore Wlodkowski	7/19
Terry Pierson	7/20
Wilma Haynes	7/20
Bobbie Ackley	7/22
Ron Bushouse	7/23

Ethel Nichols	7/23
Bill Cooper	7/24
Charlotte Wiard	7/25
Robert Anderson	7/25
Dennis Farnsworth	7/25
Dawn McLamb	7/26
Anita Bishop	7/27
Mike Porter	7/27
Helen Back	7/27
Evelyn Daniels	7/28
Ben Paulus	7/28
Jutta Harstead	7/29
Elvin Farnsworth	7/29

Happy Anniversary!

Rich & Kate Giffels
Leonard & Wilma Swiatlowski
Carl & Del Mikolajczak
Shirley & Dennis Farnsworth

If we have missed your birthday or anniversary, we apologize. Please let us know if you would like to be included in our birthday or anniversary records.

July Birthstone:

Ruby

July Flower:

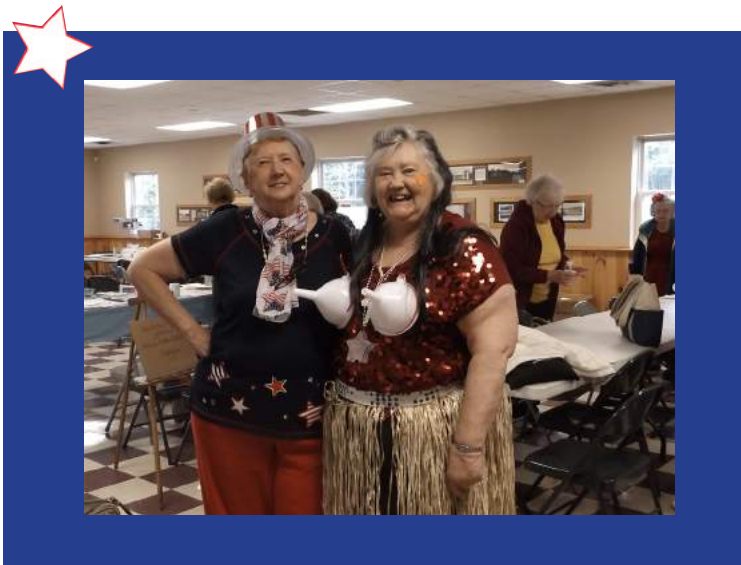
Larkspur or Water Lily

There are many reasons to celebrate in July:

- National Ice Cream Month
- National Culinary Arts Month
- National Cell Phone Courtesy Month
- National Anti-Boredom Month

IT IS THE WARMEST MONTH IN THE NORTHERN HEMISPHERE AND THE COLDEST MONTH IN THE SOUTHERN HEMISPHERE.

Fun at the Senior Center



All dressed up for Johnny O at the Norman Township Community Center. Some dressed more than others.



WHY YES, I'M WAITING FOR LUNCH



Seniors are very carefully making their choices at the latest Johnny O fun and games.



CONNIE
We're going to miss you.

Good luck on your new adventure!



TAKE ME OUT TO THE BALLGAME!
MEMORIES FROM THE TIGER GAME JUNE 14TH



**DON'T MISS OUR WEDNESDAY
WEIGH-INS AT 10:00 A.M.**



Essential Oils
presented by
Nancy Gancarz

Monday, July 16th
12:30 - 1:30 p.m.

*You will be introduced to a world of wonderful aromas and useful scents to enhance our lives.
Please call the Senior Center to register.*

723-6477

Mystery Trip, July 27, 2018

Bus leaves at 9:00 a.m.

\$40.00 per person

Space is limited, so sign up soon. 723-6477

WHAT'S GOING ON AROUND THE COUNTY

WELLSTON

Tues. 10 am
Sit & Get Fit

Thurs. 10 am Bingo

2nd Thurs of the month
1 pm Jammers
(May-Oct.)

ONEKAMA

Tues. 10 am
Sit & Get Fit

COPEMISH

2nd Friday of month
10:30
Senior Fun Day (Bingo)
60 and older

MARILLA

Wed. 10 am Walking
Wed. 1 pm Computers
Fri. 10 am Walking
Bingo last Wed each
month 11 am

BEAR LAKE

Wednesday 10 am
Sit & Get Fit
Friday 10 am
Sit & Get Fit

**Bunco Game
Day**

Every Thursday in July

10:00 a.m. - 12:00 p.m.
**We'll be playing Bunco by
popular demand in July!**



Walk with Manistee

Check out the new walking loops in Manistee. We have brochures with a map of four walking loops showing a route between .89 miles and 1.5 miles. Get some friends and enjoy the great outdoors this summer with a **Walk with Manistee**.

Walking will help keep you and your family healthy in mind and body, helping to boost positive moods and self-esteem.

Walking is:

- Fun and interesting
- Lightens the mood
- Strengthens muscles
- Improves circulation
- Can increase your endurance
- Can lead to weight loss

PICK UP A **BROCHURE** AT THE
MANISTEE COUNTY COUNCIL ON
AGING FOR MORE INFORMATION.

Parkinsons Support Group

The Parkinsons Support Group meets on the 3rd Thursday of every month (except Jan. & Feb.) at 11 a.m. at West Shore Medical Center Education Center, room #1.

For info call
Jeanne Lewis
299-1286

Linda Nickelson
690-5048



Join us for
**Produce
Bingo**

Friday, July 6
11:00 a.m.





Sweat to the oldies

Mondays & Wednesdays
at 3:30 p.m.
at the
Senior Center

COMPUTER INSTRUCTION

You may schedule private Computer help at the Senior Center. Sessions are held on Mondays.

Call (231) 723-6477

STAY SAFE - AND SAVE- WITH THE AARP SMART DRIVER COURSE

TAKE THE AARP SMART DRIVER COURSE

AT THE
MANISTEE SENIOR CENTER
AUGUST 9 & 10
12:30 - 4:30 P.M.

THE CLASSROOM COURSE COSTS
\$15 FOR AARP MEMBERS
AND \$20 FOR NON-MEMBERS.

SPACE IS LIMITED
REGISTER NOW BY CALLING

723-6477

STRUT!

a jazzy tap class for seniors



Classes Mondays 10:00 a.m.
\$3 per class 4 for \$10

Call the Senior Center to sign up

723-6477

WE ARE SEEKING VOLUNTEERS FOR OUR SENIORS VISITING SENIORS PROGRAM

Volunteers, at their convenience, visit homebound seniors in Manistee County. If you would like to volunteer for this important service, call 231-723-6477

IF YOU KNOW OF A SENIOR THAT WOULD LIKE A VISITOR, PLEASE CALL THE CENTER. NO ONE SHOULD EVER FEEL ALONE, AND OUR SENIOR VISITORS CAN BE THE PERFECT SOLUTION.

A SHOWING OF THE

HILARIOUS

PERFORMANCES

PRESENTED BY THE

ODYSSEY OF THE MIND MANISTEE TEAM

JULY 6, 2018

1:00 PM

MANISTEE COUNTY COUNCIL
ON AGING

July 2018 ~ Meals on Wheels Menu

<p style="text-align: center;">2</p> <p>Turkey Vegetable Pie Mashed Potatoes Corn Watermelon Croissant</p>	<p style="text-align: center;">3</p> <p>Brats on a Bun Potato Salad Baked Beans Strawberry Shortcake</p>	<p style="text-align: center;">4</p> <p style="text-align: center;">Senior Center closed in observance of the 4th of July</p> <p style="text-align: center;">No meals served</p>	<p style="text-align: center;">5</p> <p>Beef Enchilada Spanish Rice Green Beans Sour Cherry Lemon Slushie</p>	<p style="text-align: center;">6</p> <p>Ground Beef & Gravy Mashed Potatoes Diced Carrots Pears Roll</p>
<p style="text-align: center;">9</p> <p>Country Steak Mashed Potatoes Roasted Zucchini Peaches Roll</p>	<p style="text-align: center;">10</p> <p>Swedish Meatballs over Noodles Corn Broccoli Fresh Apple Roll</p>	<p style="text-align: center;">11</p> <p>Meat Lasagna Tossed Salad Italian Vegetable Tropical Fruit Garlic Roll</p>	<p style="text-align: center;">12</p> <p>Baked Chicken Scalloped Potatoes Peas Cantaloupe Roll</p>	<p style="text-align: center;">13</p> <p>Veal Parmesan Sweet Potatoes Brussel Sprouts Pineapple Chunks Roll</p>
<p style="text-align: center;">16</p> <p>Beef Pepper Steak Au Gratin Potatoes Sliced Carrots Brownie Roll</p>	<p style="text-align: center;">17</p> <p>Swiss Steak Mashed Potatoes Beets Mandarin Oranges Roll</p>	<p style="text-align: center;">18</p> <p>BBQ Pulled Pork on Bun Tater Tots Coleslaw Honeydew Melon</p>	<p style="text-align: center;">19</p> <p>Creamed Chipped Beef Mashed Potatoes Succotash Lemon Bars Roll</p>	<p style="text-align: center;">20</p> <p>Chicken Salad Peas & Peanuts Carrot Raisin Salad Nectarine Roll</p>
<p style="text-align: center;">23</p> <p>Braised Beef over Noodles Beets Green Beans Chocolate Pudding</p>	<p style="text-align: center;">24</p> <p>Ham Macaroni Salad Cucumber & Tomato Salad Tropical Fruit</p>	<p style="text-align: center;">25</p> <p>Sausage & Gravy Mashed Potatoes Stewed Tomatoes Fruit Cocktail Roll</p>	<p style="text-align: center;">26</p> <p>Chicken Tenders French Fries Three Bean Salad Watermelon Roll</p>	<p style="text-align: center;">27</p> <p>Potato Crunch Pollack Baked Potato California Vegetable Fresh Orange Roll</p>
<p style="text-align: center;">30</p> <p>Spaghetti Tossed Salad Italian Vegetable Raspberry Sherbet Garlic Roll</p>	<p style="text-align: center;">31</p> <p>Pub Burger on a Bun Potato Salad Coleslaw Chocolate Chip Cookie</p>			

Menu subject to change

July 2018 ~ Calendar of Events

DAILY ACTIVITIES ~ LUNCH AT 12:00 P.M.

9 am Exercise
10 am Tap Class
3:30 Sweatin'
6 pm Pinochle

10 am Sit & Get
Fit
1 pm Bridge

9 am Exercise
11 am Fun Bingo
2:30 pm Stretch &
Strength
3:30 pm Sweatin'

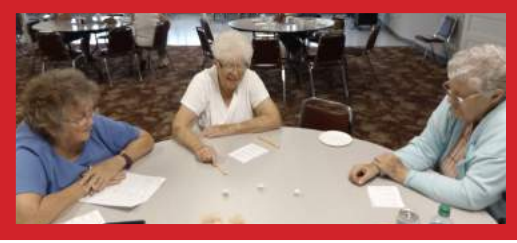
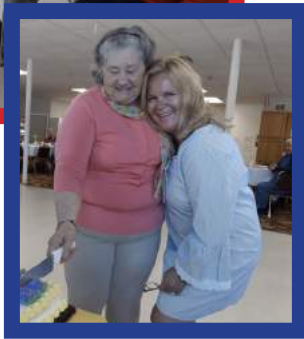
10 am Sit & Get
Fit
1 pm Tai Chi
(Marina)

2:30 pm Stretch &
Strength for Seniors

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Senior Center closed in observance of the 4th of July	5 11 am Drum Circle (Marina)	6 10 am BP clinic 11 am Produce bingo	7
8 1 pm Potluck	9	10 11 am Toe Tapping Tuesday 11 am Attorney services 1 pm Beltone	11 10:30 am Foot Clinic	12 10 am Game Day	13	14
15	16 12:30 pm Essential Oils	17 MCCOA Brd Mtg	18 July birthdays	19 11 am Eyeglass Clinic 3:00 pm Pho- tography group	20 9-11 am Food bank 10 am BP clinic	21
22	23 12:30 Police Talk	24 11 am Toe Tapping Tuesday	25	26 10 am Game Day 11:30 Carrie Selbee & Roger Tarczon	27 9 am Mystery Trip	28
29	30	31	Be sure to check page 4 to see happenings throughout the county.			



**DRUM CIRCLES,
BUNCO, CORN
HOLE, FEEDING
AMERICA
DELIVERIES,
ENJOYING LUNCH, &
SAYING
GOODBYE**



**JOIN US FOR A DAY OF FUN
AND ACTIVITIES.**

**Manistee County
Council on Aging**

457 River St.
Manistee, MI 49660

Phone: (231) 723-6477
Toll Free: (888) 723-9060
Fax: (231) 723-1640

We're on the Web!
manisteecountycoa.com

*Serving the senior citizens
of Manistee County*

*Senior citizens of today are just as vibrant,
mobile, engaged and seeking fellowship
as their younger counterparts.*

*Aging, it's everyone's future.
Stay active
Stay informed
Stay involved*

Find us on Facebook

www.facebook.com/ManisteeCountyCouncilOnAging



PAUL GLASER



DIANNIA KAUL

JOHN WITKOWSKI



DALE BLADZIK



GERRY
LEFFEW



MARGARET
BOYD



KAY AVERY

MEET OUR NEW SENIORS VISITING
SENIORS VOLUNTEERS

Manistee County COA
457 River St.
Manistee, MI 49660

