

MECOSTA COUNTY
Commission on Aging



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

The Keyhole

News on Commission on Aging
services and activities
for older adults

April 2024

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MONTHLY MEETINGS

Marketing Group
TBA 9:00 am

Senior Center Board of Directors
April 9, 10:00 am

Commission on Aging Advisory Board
April 17, 9:00 am

TAX DAY RELIEF



All you can eat
Pancakes from
10:00am-12:30pm
April 15!

See page 16 for details

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

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 |
| Open | Homemaker/Respite |
| Kathy Payton | Homemaker/Respite |
| N/A | Homemaker/Respite |
| N/A | Homemaker/Respite |
| Shawn Young | Van Driver |
| Steven Angell | Van Driver |
| Paul Owens | Van Driver |
| Open | Van Driver |
| Open | Van Driver Sub |
| Mark Sholty | Meals on Wheels |
| Dennis Zietlow | Meals on Wheels |
| Al Garner | Meals on Wheels |
| Jeffrey Bidelman | Meals on Wheels |
| Mary Dodge | Cook |
| Julia Hoisington | Cook |
| Marion Crawford | Cook |
| Jayne Spedowski | Cook |
| Bill Sharkey | Custodian |
| Betty Wright | AARP |

The Director's Corner

Dear Friends,

I am passing on some valuable information to those who need to hear it. I once had a client who was always on the phone when I arrived at his home. He was talking to yet another fraudster. What hooked him was the promise of money and opportunity. Unfortunately the only thing on the minds of certain individuals who call you or message you on Facebook is taking your money. Please be careful not to give your personal or financial information to those you do not know. If it is someone on Facebook it does not matter if you appear to know them. Most scammers clone themselves to look like your friend's account just so they can contact you with a scam. If you know you are already friends with someone, do not accept another friend request unless you call them up to verify it is them asking to "Friend" you again.

SWEEPSTAKES AND LOTTERY SCAMS

Fraudsters often contact elderly victims and falsely claim they have won a contest, lottery, or sweepstakes they never entered. They ask you to pay upfront fees and provide banking information for the transfer to receive their supposed winnings. Scammers may lead you on for extended periods, requesting additional payments while pocketing any money sent.

Warning signs of sweepstakes and lottery scams:

- Receiving notifications of winning a contest never entered.
- Demand for upfront payment through non-traceable methods like gift cards or wire transfers.
- Requests for banking information to facilitate the deposit.

ROBOCALLS AND PHISHING MESSAGES

Seniors are particularly susceptible to robocalls and phishing scams, which exploit inexperienced or vulnerable targets. These scams typically involve automated messages or emails that claim to be from trusted organizations such as banks, the IRS, or streaming services like Netflix. These scammers just want you to give them your personal information, passwords, or financial account details by tricking you into engaging with them. Clicking on links or downloading attachments from phishing messages can lead to the installation of malware, compromising your sensitive information.

Warning signs of robocalls and phishing messages:

- Receipt of automated messages claiming trouble or risk.
- Requests to "verify" sensitive information through email or phone.
- Inclusion of unfamiliar links or attachments in emails or messages.

Be careful, and if you have any questions please let us know. We are here to help!

Cynthia

Memorial
Contributions May Be
Sent To:

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



Hey
Everyone!

We have some fun stuff coming up this month...

- ◇ **Wednesday April 3rd we have our April Birthday Party!**
- ◇ **Wednesday April 10th is our Wood Burning Workshop!**
- ◇ **Monday April 15th is our All You Can Eat Tax Day Pancake Brunch!**
- ◇ **Wednesday April 24th is our Volunteer Luncheon!**

Make sure you check out all the details about the events just in case there is a sign up or a deadline. If you are still wanting to be put on the broadcast list so you can get early notifications about everything going on then let me know.

Senior Enrichment Day is in the works so mark your calendars for June 26th!

~~~Jessica~~~



# In Home Services

-Doreen

## RSVP

*What is RSVP? Retired Senior Volunteer Program*

*RSVP invites older adults – aged 55 and over-to use their life skills to work with other seniors in their community. RSVP recruits and places senior volunteers in many non-profit agencies in Mecosta, Osceola and Lake Counties.*

RSVP gives you the opportunity to be of service to others, use your life experiences and education, be an active member of your community, expand your horizons, meet interesting people, make new friends, give back to your community, help those less fortunate than you, and more!

Each volunteer chooses the type of Service, the amount of time spent and the schedule most convenient for them. With a variety of work sites and needs in the community there us something for everyone and each volunteer can choose the activities that particularly suited to their talents and skills. RSVP can also help you choose an agency where your unique talents can be put to use.

**FREE TRAINING PROVIDED!**

**Phone: 231-796-4848**

**Located at: RSVP**

**14485 Northland Dr.**

**Mecosta County**

**Services Building**

**Big Rapids, MI 49307**

### Highlights In Home Services– February 2024

|                          |    |                         |     |
|--------------------------|----|-------------------------|-----|
| Homemaker Aide Client's  | 85 | Homemaker Aide Hours    | 341 |
| Homemaker/Respite Clints | 1  | Homemaker/Respite Hours | 12  |
| Respite Clients          | 3  | Respite Hours           | 52  |

# TRAVELING TIMES

**Transportation  
Coordinator:  
Shannon**

## **April 10th, 2024 Little River Casino**

Motorcoach will depart from Mecosta County Senior Center at 9 AM sharp. Loading will begin at 8:45 AM. Pickup stop at Big Rapids Meijer at 9:30 AM.

Arrive at Little River around 11:30 AM.

Bus leaves Little River at 3:30 PM.

Play \$20, get \$20 in credit at the Casino.

Must be 18 years old and have valid photo ID card to enter Casino.

Call for pricing and to reserve your spot.

You will need to provide full name, address, birthdate, and pickup location at the time of sign up.

## **Maryland– Ocean City Delaware May 4th -11th, 2024 Buffalo Round Up South Dakota Sept 21st-30th, 2024 Branson Trip Dec 2nd-7th, 2024**

Buffalo Round up is sold out  
Maryland –Delaware is sold out.  
Branson Trip is sold out.

We are taking names for a wait list for these trips. Keep in mind these trips are 2 - 6 months out or more and a lot can happen. If you are on the waiting list, you could get on the trip if you don't mind with a last minute notice.

Ed is going to be retiring and not sure if he will be offering any trips in 2025. If you would like to travel one more trip with Ed, sign up for the waiting list for the Branson Trip. You will not be disappointed!

## **February Facts**

**Volunteer Driver Miles–Out of County: 7303 In County: 2270.25  
Total Volunteer Hours: 450.75 Medical Van Miles: 2993**





## Volunteer and Home Maintenance Corner

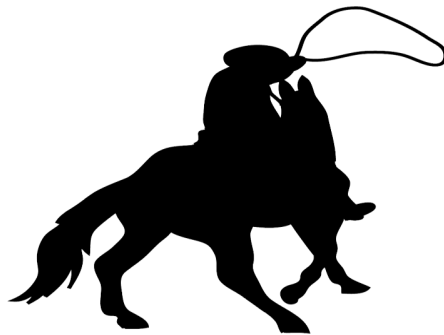


*Happy Birthday*

4/1 Marsha Schoenborn  
 4/3 Glenn Norton  
 4/6 Mary Ellen Blough  
 4/6 Michael Dick  
 4/7 Mike Kapeller  
 4/9 Diana Routley  
 4/11 Dave Marasus  
 4/13 Bev Timpy  
 4/15 Randall Foster  
 4/15 Jessica Snyder  
 4/21 Linda Lalonde  
 4/22 Michael Baker  
 4/22 Bruce Frederick  
 4/22 Sylvia Stawiarski  
 4/24 Jeannette Murray-Houghton  
 4/25 Gale Denslow  
 4/30 Bob Orweller

### Announcement

I am pleased to announce the addition of  
 Another handyman &  
 A housekeeper for Big Rapids



### April 24 Volunteer Luncheon

### We Couldn't Do This Without You

In 2023, volunteers gave

**12,198.70**

hours of service

Drawing for the  
 Refer-a-Friend  
 Promotion

Prize for the Best  
 Western Dress

### Home Maintenance Worker Responsibilities

- ◇ To apply, worker must fill out an application at MCCOA
- ◇ Workers are subject to a probationary period-3 service assignments. Any substantial complaint will result in automatic removal.
- ◇ Workers & assistants must abide by the hourly rate schedule.
- ◇ If the job requires 2 workers, the consumer member must be informed of the additional charge before the work is started.
- ◇ Workers using their own equipment may add a \$6.00 charge to each job for each piece of power equipment provided. If you have equipment, in good working order, that you prefer the worker to use, no additional fee will be charged.
- ◇ Inform the coordinator, if the consumer asks the worker to provide additional services.
- ◇ Perform duties in a prompt & professional manner.

## 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 April 2, 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 February we served**

**6172 Home Delivered Meals**  
To Homebound Seniors

**850 Congregate Site Meals**  
Mecosta & Barryton

**Help us bring our congregate  
counts up by inviting  
a friend to lunch!**

## DID YOU KNOW?

- CONSUMING VITAMIN C, SUCH AS THAT IN BERRIES AND CITRUS FRUITS, HELPS THE BODY ABSORB IRON AND CAN HELP IMPROVE OR PREVENT ANEMIA.
- PROBIOTICS, WHICH ARE A TYPE OF HEALTHY BACTERIA, PLAY A MUCH LARGER ROLE IN JUST GUT HEALTH, BUT ARE ALSO PROVEN TO BE EFFECTIVE FOR BOOSTING THE IMMUNE SYSTEM, IMPROVING MENTAL HEALTH AND SO MUCH MORE. FOOD SOURCES OF PROBIOTICS INCLUDE ORGANIC YOGURTS, KOMBUCHA, SAUERKRAUT, KIMCHI, KEFIR AND ANY PICKLED OR FERMENTED VEGETABLE.
- ALL PLANTS AND PLANT PRODUCTS ARE NATURALLY CHOLESTEROL-FREE
- AVOCADOS ARE AN EXCELLENT SOURCE OF MONOUNSATURATED FAT, WHICH IS PROVEN TO HELP RAISE “GOOD” HDL-CHOLESTEROL AND LOWER RISK OF HEART DISEASE.
- FROZEN FRUITS AND VEGETABLES ARE OFTEN JUST AS HEALTHY, AND SOMETIMES NUTRITIONALLY SUPERIOR TO FRESH VARIETIES DUE TO BEING HARVESTED AND PACKAGED AT PEAK TIMES OF RIPENESS.
- WHENEVER POSSIBLE, GETTING NUTRIENTS FROM FOOD IS ALWAYS A BETTER OPTION THAN TAKING A SUPPLEMENT BECAUSE SUPPLEMENTS CANNOT REPLICATE THE VARIETY OF OTHER HEALTH-PROMOTING COMPOUNDS FOUND IN WHOLE FOODS SUCH AS FIBER, ANTIOXIDANTS AND PHYTOCHEMICALS. VITAMINS & MINERALS ARE ALSO SHOWN TO WORK MORE EFFECTIVELY WHEN CONSUMED AS PART OF A WHOLE FOOD RATHER THAN IN AN ISOLATED FORM, THANKS TO THE “SYNERGISTIC” EFFECT OF WHOLE FOODS.



# 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:

**BEVERLY GROSS**

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

AUTHOR UNKNOWN



**MUSIC WITH MARK BAUMANN**

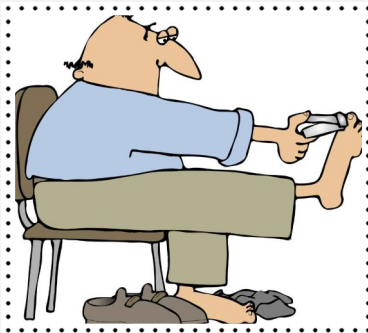
**Wednesday April 17th AT 10:45AM  
at the Mecosta County  
Commission on Aging!**



**Foot Clinic Wednesday, April 17th,  
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!**

**\*\*\*CLINIC IS NOW ON WEDNESDAYS!\*\*\***



# April Meals Menu

Meals On Wheels DO NOT have a meal delivered on WEDNESDAYS

| MONDAY                                                                                                                                                                                            | TUESDAY                                                                                                                                                                              | WEDNESDAY                                                                                                                                                                                                         | THURSDAY                                                                                                                          | FRIDAY                                                                                                                                                                         |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1</p> <p>Lasagna Roll-Up<br/>Italian Vegetables<br/>Garlic Toast<br/>Pears<br/>Milk</p>                                                                                                        | <p>2</p> <p>Stuffed Bell Peppers<br/>Glazed Carrots<br/>Bread<br/>Applesauce<br/>Milk</p>                                                                                            | <p>3</p> <p>Chicken &amp; Waffles<br/>Cup of Soup<br/>Salad Bar<br/>Fruit<br/>Milk</p> <p><b>NO MEALS ON WHEELS</b></p>          | <p>4</p> <p>Sweet &amp; Sour Pork<br/>Fried Rice<br/>Egg Roll<br/>Oriental Vegetables<br/>Bread<br/>Mandarin Oranges<br/>Milk</p> | <p>5</p> <p>Sloppy Joe<br/>Sweet Potato Fries<br/>Baked Beans<br/>Bun<br/>Fresh Fruit<br/>Milk</p>                                                                             |
| <p>8</p> <p>Breaded Fish<br/>Mac &amp; Cheese<br/>Broccoli<br/>Bread<br/>Fresh Fruit<br/>Milk</p>                                                                                                 | <p>9</p> <p>Beef Stroganoff<br/>On Noodles<br/>Vegetable Medley<br/>Bread<br/>Peaches<br/>Milk</p>  | <p>10</p> <p>Rueben Sandwich<br/>Oven Fries<br/>Cup of Soup<br/>Salad Bar<br/>Fruit<br/>Milk</p> <p><b>NO MEALS ON WHEELS</b></p>                                                                                 | <p>11</p> <p>Crispy Chicken Salad<br/>Cottage Cheese<br/>Bread<br/>Pineapples<br/>Milk</p>                                        | <p>12</p> <p>Tuna Noodle<br/>Casserole<br/>Peas &amp; Carrots<br/>Bread<br/>Fruit<br/>Milk</p>                                                                                 |
| <p>15</p> <p>Pancakes<br/>Scrambled Eggs<br/>Sausage Links<br/>Asparagus<br/>Fruit Juice<br/>Milk</p>                                                                                             | <p>16</p> <p>Baked Ham<br/>Au Gratin Potatoes<br/>Green Beans<br/>Bread<br/>Fresh Fruit<br/>Milk</p>                                                                                 | <p>17</p> <p>Egg Salad<br/>Croissant<br/>Salad Bar<br/>Fruit<br/>Milk</p> <p><b>NO MEALS ON WHEELS</b></p>                                                                                                        | <p>18</p> <p>Meatloaf<br/>Mash Potatoes/Gravy<br/>Vegetable Blend<br/>Bread<br/>Fresh Fruit<br/>Milk</p>                          | <p>19</p> <p>Hamburger<br/>Oven Fries<br/>Cole Slaw<br/>Bun<br/>Mixed Fruit<br/>Milk</p>  |
| <p>22</p> <p>Breaded Beef Fritter<br/>Baked Potato<br/>Carrot Coins<br/>Bread<br/>Tropical Fruit<br/>Milk</p>  | <p>23</p> <p>Chicken Tenders<br/>Parmesan Potatoes<br/>Vegetable Blend<br/>Bread<br/>Fresh Fruit<br/>Milk</p>                                                                        | <p>24</p> <p><b>VOLUNTEER LUNCHEON</b><br/>BBQ Ribs<br/>Potato Salad<br/>Baked Beans<br/>Coleslaw<br/>Corn Muffin<br/>Apple Crisp<br/>Milk</p> <p><b>NO MEALS ON WHEELS</b></p>                                   | <p>25</p> <p>Kielbasa &amp; Sauerkraut<br/>California Blend Vegetables<br/>Tater Tots<br/>Bread<br/>Fresh Fruit<br/>Milk</p>      | <p>26</p> <p>Goulash<br/>Stewed Tomatoes<br/>Vegetable Medley<br/>Bread<br/>Fruit Cocktail<br/>Milk</p>                                                                        |
| <p>29</p> <p>Swedish Meatballs<br/>Rice<br/>Scandinavian<br/>Vegetables<br/>Bread<br/>Apricots<br/>Milk</p>                                                                                       | <p>30</p> <p>Chili<br/>Baked Potato<br/>Hominy<br/>Broccoli<br/>Bread<br/>Fresh Fruit<br/>Milk</p>                                                                                   | <p><b>APRIL 15 TAX RELIEF BRUNCH (Served 10 am — 12:30 pm)</b></p> <p><b>ALL YOU CAN ENJOY PANCAKES W/FRUIT TOPPINGS</b></p>  |                                                                                                                                   |                                                                                                                                                                                |

**Dine In Meals are Monday thru Friday 11:30 am - 12:30 pm**

# April 2024 Center PULL OUT & PIN UP

| <u>Daily Activities</u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>SUNDAY</b>                                                                                                                                                                                                                                                                                                                                                                     | <b>MONDAY</b>                                                                                                                                                                                                                                                                                                                                                                                       | <b>TUESDAY</b> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| <p><b><u>EXERCISE</u></b><br/> <b><u>EnhanceFitness</u></b><br/>                     8:30am-9:30am<br/>                     Monday through Friday<br/>                     (April 3rd last day of Zoom)</p> <p><b><u>DANCE INSTRUCTION</u></b><br/> <b><u>Line Dance:</u></b> Every Tuesday<br/>                     from 10:00am until 11:30am<br/> <b><u>Chair Line Dance:</u></b><br/>                     11 am Mondays &amp; Wednesdays</p> <p><b><u>CARD GAMES</u></b><br/> <b>Bridge:</b> 12:45 pm Monday<br/> <b>Euchre:</b> 12:45 pm Tuesday<br/>                                         Wednesday<br/>                                         Friday<br/> <b>Pinochle:</b> 12:45 pm Thursday</p> <p><b><u>OTHER ACTIVITIES</u></b><br/> <b>Bingo</b> 1 pm Every Friday<br/> <b>Greeting Card Recycling:</b><br/>                     10 am Tuesdays<br/> <b>Scrabble:</b> 12:45p Thursdays<br/> <b>Mah Jongg:</b> 12:30p Thursdays<br/> <b>Bunco:</b> 1st Monday of every<br/>                     month at 10:00am</p> <p style="text-align: center;"><b><u>Monthly</u></b><br/> <b><u>Support Groups &amp; Clinics</u></b></p> <p style="text-align: center;">Foot Clinic<br/>                     *Please call (231)972-2884<br/>                     to make an appointment</p> <p>* Denotes a change</p> | <p style="text-align: center;"><b>1</b><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</p>                                                                                                                   | <p style="text-align: center;"><b>2</b><br/>                     8:30 am EnhanceFitness®<br/>                     10:00am Line Dance<br/>                     11:30 am - 12:30 pm<br/>                     Lunch<br/> <br/>                     1:00pm Euchre</p>                                                                                                                                   |                |
| <p style="text-align: center;"><b>7</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <p style="text-align: center;"><b>8</b><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</p>                                                                                                                   | <p style="text-align: center;"><b>9</b><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/> <br/>                     1:00pm Euchre</p>                                             |                |
| <p style="text-align: center;"><b>14</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <p style="text-align: center;"><b>15 Tax Day Relief Party!</b><br/> <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 </p> | <p style="text-align: center;"><b>16</b><br/>                     8:30 am EnhanceFitness®<br/>                     10:00am Line Dance<br/>                     11:30 am - 12:30 pm<br/>                     Lunch<br/> <br/>                     1:00pm Euchre</p>                                                                                                                                  |                |
| <p style="text-align: center;"><b>21</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <p style="text-align: center;"><b>22</b><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</p>                                                                                                                  | <p style="text-align: center;"><b>23</b><br/>                     8:30 am EnhanceFitness®<br/>                     10:00am Line Dance<br/>                     11:30am - 12:30pm<br/>                     Lunch<br/>                     1:00pm Euchre</p>                                                                                                                                          |                |
| <p style="text-align: center;"><b>28</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <p style="text-align: center;"><b>29</b><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</p>                                                                                                                  | <p style="text-align: center;"><b>30</b><br/>                     8:30 am EnhanceFitness®<br/>                     10:00am Line Dance<br/>                     10:45a Dave Marasus<br/>                     11:30am - 12:30pm<br/>                     Lunch <br/> <br/>                     1:00pm Euchre</p> |                |







RELIEF



**Join us for a *Tax day Relief All You Can Enjoy Pancake Brunch!* Taxes can be a stressful time for everyone so we are having a fun day where we can celebrate tax time being over! We will be serving *All You Can Enjoy Pancakes* starting at 10:00am going until 12:30pm! There will also be a pancake topping bar and hearty sides to go with the pancakes! We will also have a gift basket raffle and a 50/50 raffle!**

**\*only pancakes and toppings are all you can enjoy\***

# April 2024 Center PULL OUT & PIN UP

| WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                            | THURSDAY                                                                                                                                                  | FRIDAY                                                                                                                        | SATURDAY  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|-----------|
| <b>3</b><br><b>8:30am EnhanceFitness®</b><br>Zoom<br>11:00 am Chair Dance<br><b>11:30 am - 12:30 pm</b><br>Lunch<br><b>1 pm Euchre</b>                                                                                                                                                                                                                                                               | <b>4</b><br><b>8:30 am EnhanceFitness®</b><br><b>11:30 am - 12:30 pm</b><br>Lunch<br><b>12:45 pm Pinochle</b><br><b>12:45pm Scrabble &amp; Mah Jongg</b>  | <b>5</b><br><b>8:30 am EnhanceFitness®</b><br><b>11:30 am - 12:30 pm Lunch</b><br><b>1 pm Euchre</b><br><b>1 pm Bingo</b>     | <b>6</b>  |
| <b>10</b><br><b>8:30am EnhanceFitness®</b><br>Zoom<br>11:00 am Chair Dance<br><b>11:30 am - 12:30 pm</b><br>Lunch<br><b>1 pm Euchre</b><br>1pm Wood Burning<br>Workshop                                                                                                                                                                                                                              | <b>11</b><br><b>8:30 am EnhanceFitness®</b><br><b>11:30 am - 12:30 pm</b><br>Lunch<br><b>12:45 pm Pinochle</b><br><b>12:45pm Scrabble &amp; Mah Jongg</b> | <b>12</b><br><b>8:30 am EnhanceFitness®</b><br><b>11:30 am - 12:30 pm</b><br>Lunch<br><b>1 pm Euchre</b><br><b>1 pm Bingo</b> | <b>13</b> |
| <b>17</b><br><b>8:30am EnhanceFitness® LIVE!</b><br>9:00am Advisory Board Mtg.<br>9a-3p Foot Clinic(By Apt)<br>10:45 Music with Mark B.<br>11:00 am Chair Dance<br><b>11:30 am - 12:30 pm</b><br>Lunch<br><b>1 pm Euchre</b>   | <b>18</b><br><b>8:30 am EnhanceFitness®</b><br><b>11:30 am - 12:30 pm Lunch</b><br><b>12:45pm Pinochle</b><br><b>12:45pm Scrabble &amp; Mah Jongg</b>     | <b>19</b><br><b>8:30 am EnhanceFitness®</b><br><b>11:30 am - 12:30 pm</b><br>Lunch<br><b>1 pm Euchre</b><br><b>1 pm Bingo</b> | <b>20</b> |
| <b>24</b><br><b>8:30am EnhanceFitness®</b><br>LIVE!<br>11:00 am Chair Dance<br><b>11:30 am - 12:30 pm</b><br>Lunch<br><b>1 pm Euchre</b><br><br><b>Volunteer Luncheon!</b>                                                                                                                                                                                                                           | <b>25</b><br><b>8:30 am EnhanceFitness®</b><br><b>11:30 am - 12:30 pm</b><br>Lunch<br><b>12:45 pm Pinochle</b><br><b>12:45pm Scrabble &amp; Mah Jongg</b> | <b>26</b><br><b>8:30 am EnhanceFitness®</b><br><b>11:30 am - 12:30 pm</b><br>Lunch<br><b>1 pm Euchre</b><br><b>1 pm Bingo</b> | <b>27</b> |
|                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                           |                                                                                                                               |           |



JUNE 26TH 2024!

Save  
the  
Date



# Wood Burning Workshop with Bob Routley

Wednesday  
APRIL 10TH at  
1:00PM.



SPACE IS LIMITED SO CALL AND  
RESERVE YOUR SPOT.  
231-972-2884. CLASS IS ONLY  
AVAILABLE FOR AGES 16 AND UP.

# Are you INTERESTED IN LEARNING HOW TO PLAY EUCHRE?

We have started a beginners class in January at 12:00pm and will run every Wednesday. Come out and join us and try your hand! If you would like to stay after the class and observe our normal scheduled Euchre group the game starts at 1:00pm and goes until 3:00pm. If you have any questions you can contact Jess at 231-972-2884. Hope to see you there!





# ATTENTION APRIL BIRTHDAYS!

**Join us Wednesday April 3rd to  
celebrate our April Birthdays! We will  
have an awesome birthday dessert and  
yes you will get a happy birthday song!**

# Volunteer Luncheon

April 24

Lunch served at high noon

Shine up your  
boots,

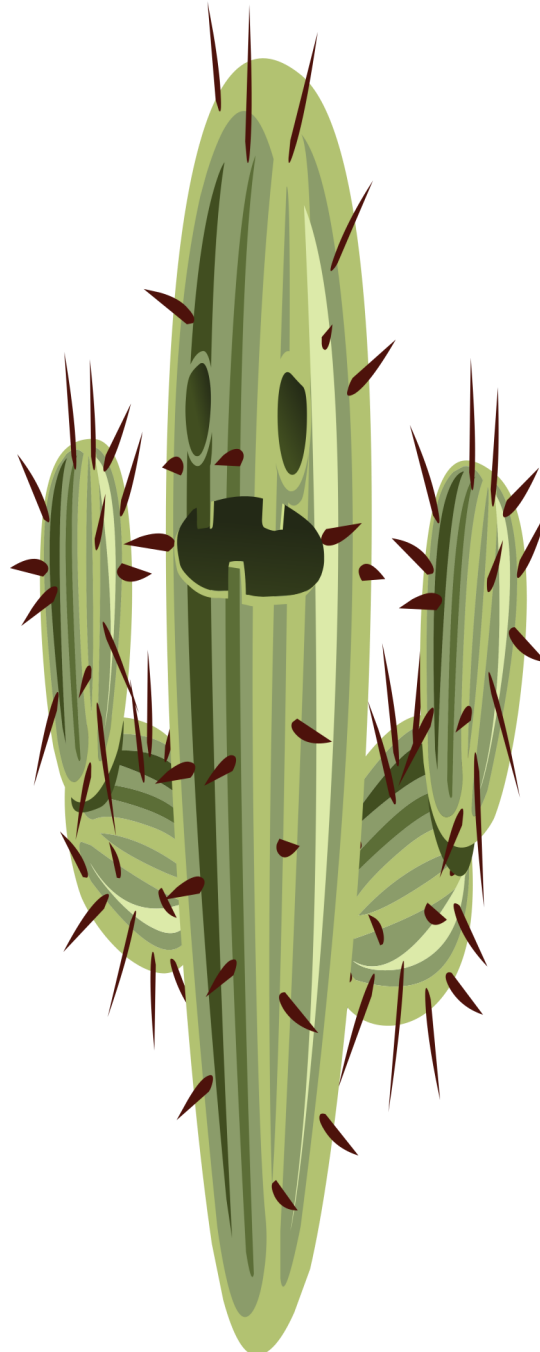
Polish your belt  
buckle,

Dig out your  
bandana

&

Cowboy hat

Prize for Best  
Western Dress



Cookie's  
Fixing

Barbecued ribs,

Potato salad,

Baked beans,

Coleslaw,

Corn muffins

&

Apple Crisp

RSVP by  
April 23rd at  
231-972-2884

# Music with Dave Marasus



Tuesday April  
30th at 10:45am  
at the  
Mecosta  
County  
Commission on  
Aging and  
Activity Center!



# **SCAMS SCAMS SCAMS SCAMS SCAMS!!**

Please be aware there are many scammers attempting to contact you on a daily basis. Below are just a few to watch out for:



## **Grandparent Scams**

In this scenario, a person will pretend to be the grandchild of the person who answers the phone and ask for money. The caller might claim they are having an emergency, such as a car accident or problem with the law, and don't want anyone to find out. They might ask you to send them money or gift cards.

These scammers often harvest the information they need to make the call appear legitimate from obituaries and social media. Setting up a code word for the grandchild to use in a real emergency is a good thing to do. Hang up and call the grandchild yourself to make sure the call is legitimate.

## **Internet Scams**

If you share information about yourself through social media, you could be targeted by scammers online. Internet scammers can find out personal information about you that is available online and use that to craft a scenario that might motivate you to provide funds or share more information. Below is a popular example:

The scammer pretends to be an officer in the army and claims they need money to get back from Afghanistan and visit their kids. If you receive a message on line or on facebook that asks you to click on a link or share details about your identity or make a payment, press "delete."

## **Investment Scams**

You might get contacted by a person claiming to be a financial advisor, real estate investor or wealth manager who promises an exciting investment opportunity or big returns if you send them funds. These scams will take your money and not return anything to you. Before sending any contributions to a new investment, consult a trusted advisor with appropriate credentials and avoid fast decisions.

## **Medicare Scams**

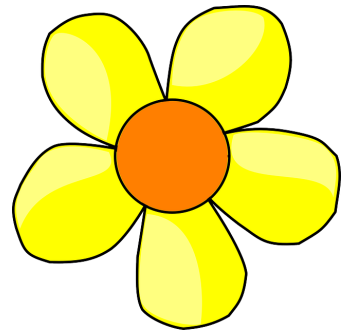
Someone may contact you claiming to be a Medicare representative who can help you save money by getting some form of additional coverage. The caller might ask for personal information or checking account numbers, and even have some information about you. If you get a Medicare-related call, email or text, ignore it. If you have questions about your health coverage, contact Medicare directly.

# SIGN UP FOR OUR BROADCAST SYSTEM!!!

IF YOU WOULD LIKE TO STAY ON TOP OF WHAT'S GOING ON HERE AT THE COMMISSION ON AGING YOU CAN SIGN UP TO RECEIVE TEXT AND OR PHONE CALLS ABOUT OUR UPCOMING EVENTS, HOLIDAYS WE ARE CLOSED OR CANCELLATIONS DUE TO WEATHER. IF YOU HAVEN'T SIGNED UP YET STOP AND SEE JESS OR CALL 231-972-2884.



# STATS



Country Boutique Sales: \$353.88  
Card Sales: \$118.50  
Yard Sale:  
Consignee Sales: \$177.50  
**Total Country Boutique Sales: \$649.88**



## Registered Visits For:

|                                                  |     |
|--------------------------------------------------|-----|
| Dining Room Meals                                | 803 |
| Activities/Special Events & Educational Speakers | 709 |
| Service Inquiries & Clinic Visits                | 15  |
| Registered To Volunteer Positions                | 790 |

If you have items that have been recently removed from the boutique please contact Jess to pick them up.



**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

The Mecosta County Commission on Aging is funded by county millage, contributions, memorials, and local fundraising. Grant funding is through the Michigan Department of Transportation, Older Americans Act, Office of Services to the aging, Mecosta-Osceola United Way, Area Agency on Aging, and Mecosta County Area Foundation. The Mecosta County Commission on Aging certifies that it complies with the Department of Health and Human Services Regulations under Title VI of the Civil Rights Act of 1964.

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