

MECOSTA COUNTY
Commission on Aging



ACTIVITY
CENTER

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

The Keyhole

News on Commission on Aging
services and activities
for older adults

May 2024



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MONTHLY MEETINGS

Marketing Group
TBA 9:00 am

Senior Center Board of Directors
May 14, 10:00 am

Commission on Aging Advisory Board
May 15, 9:00 am



**Our Yard sale fundraiser will be here
before you know it!**

**The Donation tent will be available
soon so keep us in mind after this
Memorial day!**



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

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
Paul Owens	Van Driver
William Kohls	Van Driver
Paul Smith	Van Driver
Steven Angell	Van Driver Sub
Mark Sholty	Meals on Wheels
Dennis Zietlow	Meals on Wheels
Al Garner	Meals on Wheels
Krystal Mathews	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



Wednesday
June 26, 2024

Another year and another opportunity to attend Senior Enrichment Day is upon us! We are planning an exciting event with nearly double the speakers as last year! Senior Enrichment Day is a day filled with learning opportunities and you can find classes on topics such as:

Big Rapids history, wood burning, exercise, fly fishing lure creation, Christmas ornament decoration, 9 ways to live longer, bees, writing to heal grief, Alzheimer's disease, emergency preparedness, active shooter training, coin collecting and so much more. There should be a class or activity for everyone.

You will be able to pick up or view the official registration booklets at the following locations:

**Mecosta County CoA-12954 80th Avenue, Mecosta
DHHS -800 Water Tower, Big Rapids
www.seniorenrichmentday.com**

&

Various locations in Mecosta County

Visit & register on our website:
www.seniorenrichmentday.com

Nominations for the Mary Pine Award which honors senior volunteers are also now being accepted!
Hope to see you there!

**Memorial
Contributions May Be
Sent To:**

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



Hey Everyone!

I hope everyone is having a wonderful spring so far! We have a lot of fun stuff coming up!

- * *Tuesday May 7th– Acrylics Painting Class with Marcia Lane.*
- * *Thursday May 9th– Medicare Workshop with Adam Spedoske.*
- * *Friday May 10th– Music with Dave Marasus.*
- * *Wednesday May 15th– Music with Vicky Dexter.*
- * *Thursday May 16th– Watercolor Workshop with Joyce Capen.*
- * *Tuesday May 21st– Euchre Luncheon.*
- * *Wednesday May 22nd– Music with Mark Baumann.*
- * *Wednesday May 22nd– BBQ Rib Cook-Off!!!*
- * *Monday May 27th– Closed for Memorial Day.*
- * *Wednesday May 29th– National Senior Fitness Day Celebration.*

If you have any questions about and activity or event we have coming up please feel free to ask me and always if you have any fun suggestions let me know, I am always looking for fun and trouble to get into!

~~~Jess~~~



In Home Services

-Doreen

Who is Mid Michigan Community Action Agency?

Mid Michigan Community Action Agency guides local residents on the path to self-sufficiency through empowerment, education and community enrichment. They have been serving the community since 1966.

MMCAA can help with food, housing, home energy savings, energy assistance, homebuyer assistance, and more!

Weatherization

Cost-effective energy solutions like insulation and weather stripping to reduce energy costs and improve safety in the home and the health of the residents.

Commodities

Monthly food box distributions for low income seniors 60 and over. Quarterly food box distribution for households in need of emergency food.

Housing Instability

Services ranging from temporary shelter to rental assistance for those experiencing housing instability.

Utility Resource

Assistance navigating resources for those behind on utility bills.

Mid Michigan Community Action is located in Big Rapids at the MiWorks building. The number they can be reached at is **231-660-0271**.



Highlights In Home Services– March 2024

Homemaker Aide Client's	89	Homemaker Aide Hours	420.25
Homemaker/Respite Clints	1	Homemaker/Respite Hours	16
Respite Clients	3	Respite Hours	44

TRAVELING TIMES



Transportation
Coordinator:
Shannon

Thank you to everyone who participated in our spring Casino Trip.
I'm looking forward to scheduling another one in the fall.
I'm always looking for suggestions and requests for future trips!

It's time to get your vehicle ready for spring! Some spring tips:

1. Switch back to regular tires (Yeah, no more snow tires)
2. Replace worn wiper blades.
3. Wash the undercarriage to remove all the winter salt.
4. Check tire pressure .
5. Test your battery and get a full Spring Vehicle Inspection.

Buffalo Round Up South Dakota Sept 21st-30th, 2024
Branson Trip Dec 2nd-7th, 2024

Buffalo Round up is sold out
Branson Trip is sold out.

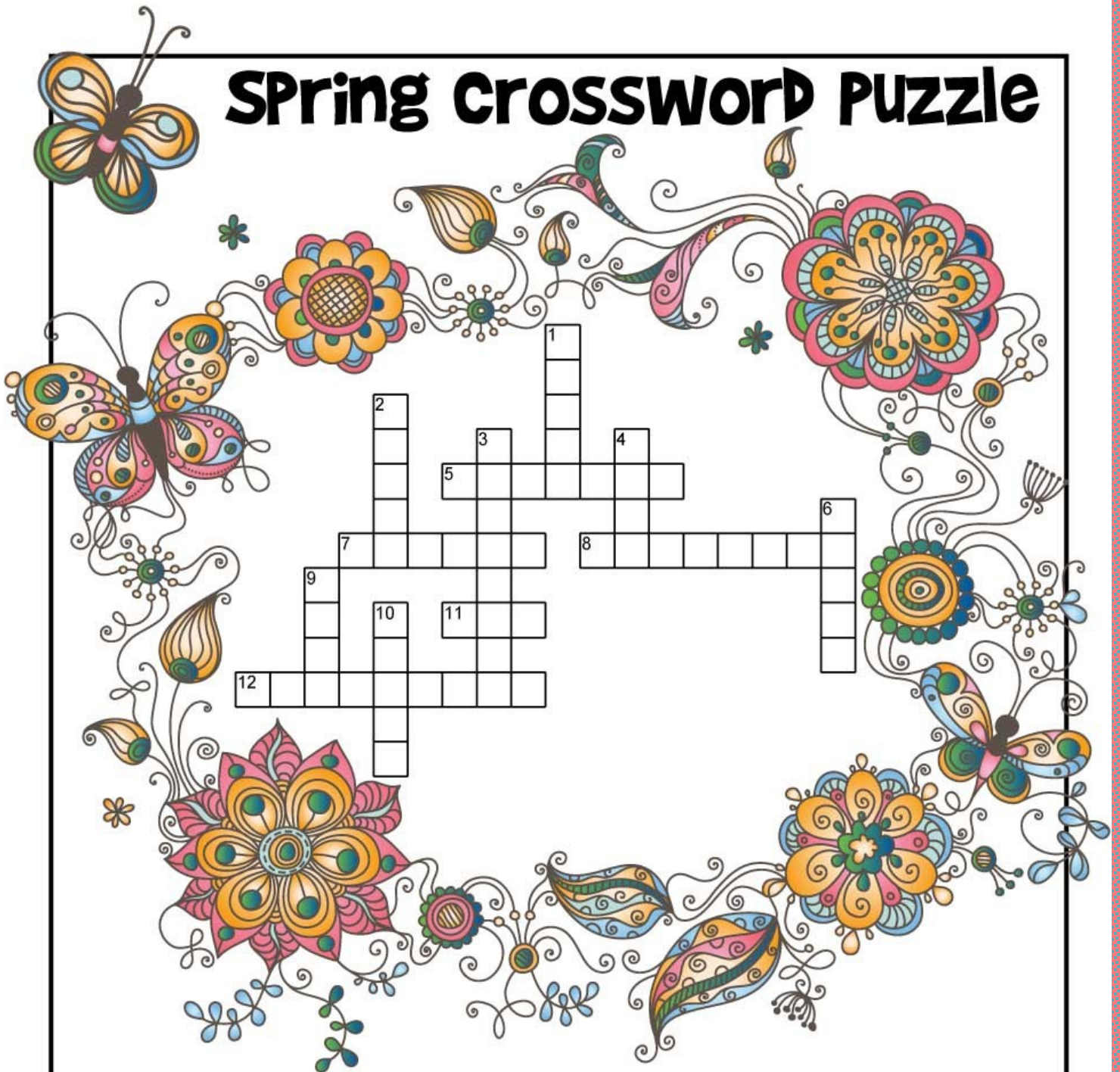
We are taking names for a wait list for these trips. Keep in mind these trips are 2 - 6 months out or more and a lot can happen. If you are on the waiting list, you could get on the trip if you don't mind with a last minute notice.

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!

March Facts

Volunteer Driver Miles—Out of County: 6171 In County: 2254
Total Volunteer Hours: 507.50 Medical Van Miles: 1935

Spring Crossword Puzzle



Across

5. A spectrum of color in the sky when it rains.
7. A colorful plant with leaves and petals.
8. A circular device that keeps the rain off your head.
11. The month in which we celebrate moms.
12. A winged insect that comes in many colors.

Down

1. One of the earliest birds to appear in spring.
2. _____ showers bring May flowers.
3. A sport played with a bat and ball.
4. The early bird gets the _____.
6. The month in which spring starts.
9. When snow and ice turn into water.
10. The color of grass once it comes back to life.

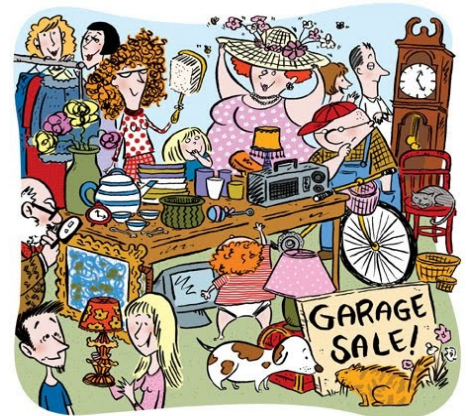


Volunteer and Home Maintenance Corner



May Birthdays

- 5/6 Mark Sholty
- 5/11 Kelli Johansen
- 5/12 Marlene Cummings
- 5/14 Doug Christiansen
- 5/15 Mary Dodge
- 5/17 Jim Canham
- 5/19 Scott Bultman
- 5/24 Maureen Arndt
- 5/26 Christine Raymo
- 5/27 Michael Gibson
- 5/28 Thomas Holbeck



TO

Everyone who Contributed to
the Success of Our Volunteer
Luncheon



Organizers
Movers & Shakers
Able-Bodied People

To Clean Up
To Pick Up
To Set Up

If You're Willing to Help
Contact Cindy at 231-972-2884

All that I am
or Hope to be
I Owe to My
Mother.

Abraham
Lincoln



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 May 7, 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 March we served

**4611 Home Delivered Meals
To Homebound Seniors**

**824 Congregate Site Meals
Mecosta & Barryton**

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

GRILLED CHICKEN & STRAWBERRY SALAD

Ingredients:

Grilled Chicken

1# boneless skinless chicken breast
(could also use deli rotisserie chicken)

1 tsp kosher salt
1/2 tsp black pepper
2 tsp olive oil

Strawberry Salad

8 cups romaine hearts
(could substitute spinach)
1 cup cucumbers diced
1 cup strawberries sliced
1 medium avocado
1/3 cup feta cheese crumbles
1/3 cup pecans
1/4 cup sliced red onions

Strawberry Dressing

1 cup sliced strawberries
1/4 cup balsamic vinegar
2 tbs water
1 tbs minced shallot
1 tsp Dijon mustard
1 tsp honey
1/2 tsp kosher salt
1/2 tsp black pepper
1/2 cup olive oil

Instructions:

- 1) Evenly season both sides of each chicken breast with salt & pepper. Drizzle a 1/2 tsp of olive oil on both sides, rubbing on to the surface evenly. Preheat the grill or grill pan over medium-high heat. Oil the grill grate or pan. Place the chicken on the grill and close the lid if using a barbecue. Cook until internal temperature reaches between 160 to 165 degrees F, about 5 to 7 minutes per side. Rest the chicken for 10 minutes. Cut into 1/4" thick slices against the grain. Set aside.
- 2) In a blender, add sliced strawberries, balsamic vinegar, water, shallots, mustard, honey, salt & pepper. Blend on high until smooth, about 10 seconds. With blender running on medium-low speed, slowly add olive oil in a thin stream until thickened, season with salt, pepper & honey to taste.
- 3) In a large serving bowl, add romaine, cucumber, strawberries, avocado, feta cheese, pecans & red onion. Top with sliced chicken. Drizzle dressing on top of salad or serve on the side.



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:

GALE ESCH

OLIVIA LUCERO

ROBERT ORWELLER

FLORENCE EATON

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

AUTHOR UNKNOWN



Senior Enrichment Day

June 26, 2024

Save
the
Date






MUSIC WITH MARK BAUMANN

Wednesday May
22nd AT 10:45AM at
the Mecosta County
Commission on
Aging!




May Meals Menu

Meals On Wheels DO NOT have a meal delivered on WEDNESDAYS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Special Days:</u></p> <p>May 1st Spaghetti Dinner</p> <p>May 8th Euchre Luncheon</p> <p>May 10th Bingo Pizza Party</p>		<p>1</p> <p>Pepperoni Pizza Salad Bar Fresh Fruit Milk</p>  <p>NO MEALS ON WHEELS</p>	<p>2</p> <p>Biscuits & Gravy Sausage Scrambled Eggs Vegetable Blend Bread Fruit Juice Milk</p>	<p>3</p> <p>Pulled Pork Baked Mac & Cheese Cole Slaw Bun Fruit Crisp Milk</p>
<p>6</p> <p>Bean & Cheese Burrito Mexican Rice Fiesta Corn Bread Apricots Milk</p>	<p>7</p> <p>Fish Filet Au Gratin Potatoes Broccoli/Normandy Bread Tropical Fruit Milk</p>	<p>8</p> <p>Taco Salad Tortilla Chips Corn Salad Peaches Milk</p> <p>NO MEALS ON WHEELS</p>	<p>9</p> <p>Breaded Veal Cutlet Baked Potato California Blend Veg Bread Fruit Milk</p>	<p>10</p> <p>Chicken Corden Bleu Rice Pilaf Asparagus Bread Fruit Milk</p>
<p>13</p> <p>Cabbage Rolls Glazed Carrots Bread Baked Apples Milk</p>	<p>14</p> <p>Salisbury Steak Mashed Potatoes/Gravy Mixed Vegetables Bread Pears Milk</p>	<p>15</p> <p>Hot Ham & Cheese Sandwich Potato Salad Cup of Soup Fruit Milk</p>  <p>NO MEALS ON WHEELS</p>	<p>16</p> <p>Chef Salad Pickled Beets Cottage Cheese Blueberry Muffin Fresh Fruit Milk</p>	<p>17</p> <p>Smothered Pork Chop Scalloped Potatoes Broccoli Bread Fresh Fruit Milk</p>
<p>20</p> <p>Polish Sausage Sauerkraut Wax Beans Bread Fruit Cocktail Milk</p>	<p>21</p> <p>Roast Beef Mashed Potatoes/Gravy Green Beans Roll Fresh Fruit Milk</p> 	<p>22</p> <p>2nd Annual BBQ Rib Cookoff! Potato Salad Coleslaw Cornbread Milk</p> <p>NO MEALS ON WHEELS</p>	<p>23</p> <p>Chicken & Waffles Vegetable Medley Bread Fruit Milk</p>	<p>24</p> <p>Italian Stuffed Shells With Meat Sauce Italian Vegetables Breadsticks Apricots Milk</p>
<p>27</p> <p>CLOSED IN OBSERVATION OF</p>  <p>MEMORIAL DAY</p> <p>★ REMEMBER AND HONOR ★</p>	<p>28</p> <p>Chicken Strips Baked Potato Cauliflower Bread Fruit Milk</p>	<p>29</p> <p>Tuna Wrap Garden Greens Salad Fruit & Nut Parfait Milk</p> <p>NO MEALS ON WHEELS</p>	<p>30</p> <p>Western Omelet Bake Breakfast Tots Spinach Muffin Fruit Juice Milk</p>	<p>31</p> <p>Hamburger Baked Beans Campfire Vegetables Bun Fresh Fruit Milk</p>

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

May 2024 Center PULL OUT & PIN UP

<u>Daily Activities</u>	SUNDAY	MONDAY	TUESDAY
<p><u>EXERCISE</u> <u>EnhanceFitness</u> 8:30am-9:30am Monday through Friday</p> <p><u>DANCE INSTRUCTION</u> <u>Line Dance:</u> Every Tuesday from 10:00am until 11:30am <u>Chair Line Dance:</u> 11 am Mondays & Wednesdays</p> <p><u>CARD GAMES</u> <u>Bridge:</u> 12:45 pm Monday <u>Euchre:</u> 12:45 pm Tuesday Wednesday Friday <u>Pinochle:</u> 12:45 pm Thursday</p> <p><u>OTHER ACTIVITIES</u> <u>Bingo</u> 1 pm Every Friday <u>Greeting Card Recycling:</u> 10 am Tuesdays <u>Scrabble:</u> 12:45p Thursdays <u>Mah Jongg:</u> 12:30p Thursdays <u>Bunco:</u> 1st Monday of every month at 10:00am</p> <p style="text-align: center;"><u>Monthly</u> <u>Support Groups & Clinics</u></p> <p style="text-align: center;">Foot Clinic *Please call (231)972-2884 to make an appointment</p> <p>* Denotes a change</p>	<p>5</p>	<p>6 8:30 am EnhanceFitness® 11:00 am Chair Dance 11:30 am - 12:30 pm Lunch 12:45 pm Bridge</p>	<p>7 8:30 am EnhanceFitness® 10:00am Line Dance 11:30 am - 12:30 pm Lunch 1p Acrylics on Canvas 1:00pm Euchre</p>
	<p>12</p> <p style="font-size: 2em; color: #ff9800; text-align: center;"><i>Happy Mother's Day</i></p>	<p>13 8:30 am EnhanceFitness® 11:00 am Chair Dance 11:30 am - 12:30 pm Lunch 12:45 pm Bridge</p>	<p>14 8:30 am EnhanceFitness® 10:00am Senior Center Board Meeting 10:00am Line Dance 11:30 am - 12:30 pm Lunch 1:00pm Euchre</p>
	<p>19</p>	<p>20 8:30 am EnhanceFitness® 11:00 am Chair Dance 11:30 am - 12:30 pm Lunch 12:45 pm Bridge</p>	<p>21 8:30 am EnhanceFitness® 10:00am Line Dance 11:30 am - 12:30 pm Lunch 12:30p Acrylics on Canvas 1:00pm Euchre</p> <p style="text-align: center;">Euchre Luncheon!</p>
	<p>26</p>	<p>27 Closed In Observance of Memorial Day</p> <p style="text-align: center;"></p>	<p>28 8:30 am EnhanceFitness® 10:00am Line Dance 11:30 am - 12:30 pm Lunch 1p Acrylics on Canvas 1:00pm Euchre</p>

Spring Flowers Word Search



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

Anemone

Daffodil

Iris

Lily

Rose

Carnation

Daisy

Lavender

Orchid

Snapdragon

Chrysanthemum

Hydrangea

Lilac

Poppy

Sunflower





MEALS on WHEELS
MECOSTA COUNTY

DO YOU HAVE A FEW HOURS A WEEK?

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

Foot Clinic Wednesday, May 15th, 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!**



May 2024 Center PULL OUT & PIN UP

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 8:30am EnhanceFitness® 11:00 am Chair Dance 11:30 am - 12:30 pm Lunch 1 pm Euchre</p> <p style="text-align: center; font-weight: bold; font-size: 1.2em;">May Birthday Party!</p>	<p>2 8:30 am EnhanceFitness® 11:30 am - 12:30 pm Lunch 12:45 pm Pinochle 12:45pm Scrabble & Mah Jongg</p>	<p>3 8:30 am EnhanceFitness® 11:30 am - 12:30 pm Lunch 1 pm Euchre 1 pm Bingo</p>	<p>4</p>
<p>8 8:30am EnhanceFitness® 11:00 am Chair Dance 11:30 am - 12:30 pm Lunch 1 pm Euchre</p>	<p>9 8:30 am EnhanceFitness® 10am Medicare with Adam S. 11:30 am - 12:30 pm Lunch 12:45 pm Pinochle 12:45pm Scrabble & Mah Jongg</p>	<p>10 8:30 am EnhanceFitness® 10:45a Music with Dave Marasus 11:30 am - 12:30 pm Lunch 1 pm Euchre 1 pm Bingo</p>	<p>11</p>
<p>15 8:30am EnhanceFitness® 9:00am Advisory Board Mtg. 9a-3p Foot Clinic(By Apt) 10:45 Music with Vicky Decter 11:00 am Chair Dance 11:30 am - 12:30 pm Lunch 1 pm Euchre</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>	<p>16 8:30 am EnhanceFitness® 11:30 am - 12:30 pm Lunch 12:45pm Pinochle 12:45pm Scrabble & Mah Jongg 1p Watercolor Workshop</p>	<p>17 8:30 am EnhanceFitness® 11:30 am - 12:30 pm Lunch 1 pm Euchre 1 pm Bingo</p>	<p>18</p>
<p>22 8:30am EnhanceFitness® 10:45 Music with Mark B. 11:00 am Chair Dance 11:30 am - 12:30 pm Lunch 1 pm Euchre</p> <p style="text-align: center; font-weight: bold; font-size: 1.2em;">BBQ Rib Cook Off!!!</p>	<p>23 8:30 am EnhanceFitness® 11:30 am - 12:30 pm Lunch 12:45 pm Pinochle 12:45pm Scrabble & Mah Jongg</p>	<p>24 8:30 am EnhanceFitness® 11:30 am - 12:30 pm Lunch 1 pm Euchre 1 pm Bingo</p>	<p>25</p>
<p>29 8:30am EnhanceFitness® 11:00 am Chair Dance 11:30 am - 12:30 pm Lunch 1 pm Euchre</p> <p style="text-align: center; font-weight: bold; font-size: 1.2em;">National Senior Fitness Day Celebration!</p>	<p>30 8:30 am EnhanceFitness® 11:30 am - 12:30 pm Lunch 12:45 pm Pinochle 12:45pm Scrabble & Mah Jongg</p>	<p>31 8:30 am EnhanceFitness® 11:30 am - 12:30 pm Lunch 1 pm Euchre 1 pm Bingo</p>	

Yard Sale!

- ◆ June 3rd Our Drop Tent will be open to the public so if you have items you would like to donate you can come Mon-Fri from 8am until 4:30pm to drop them off. Please ask us in advance for help if items are heavy.
- ◆ June 11th at 11:00am is our Volunteer Yard Sale meeting. If you are interested in helping us this year or know someone who loves to Yard Sale then come join us for our kick off meeting and help us get this event off to a good start!
- ◆ Some things we **DO Not** accept as donations are...

- Encyclopedias
- Footwear
- Tires
- Magazines
- Mattresses
- TV's
- Car Seats
- Pianos
- Computers
- Picture Frames

Happy National Senior Fitness Day!

Fitness & Fun Collab

May 29th 8:30am-11:00am

We will be celebrating National Senior Fitness Day by having our EnhanceFitness® class join forces with our Chair & Line Dance Activities! Bring your favorite healthy snack recipe to swap out with another! Also our EF instructors and Activity Volunteers will be answering questions you have about the classes offered! We will also have a healthy lunch planned for after the event. Hope to see you there!

8:30am-9:30am: Class.

9:30am-10:30am: Healthy Snack Recipe Swap.

10:30am-11:00am: Q&A with our instructors and volunteers.



Watercolor Workshop with Joyce Capen!

Thursday May 16th at 1pm

\$5

Please call 231-972-2884 to RSVP!





Attention May Birthdays!

Join us Wednesday May 1st to celebrate our May Birthdays! We will have an awesome birthday dessert and yes you will get a happy birthday song!

ACRYLICS on canvas WITH Marcia Lane

TUESDAY MAY 7TH

\$5

PLEASE CALL 231-972-2884 TO RSVP!

Be sure to wear old clothes just in case you get messy.



Dave
Marasus!

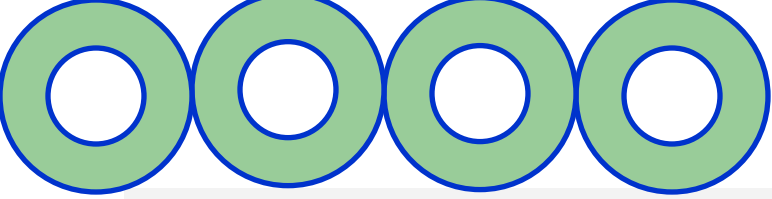
**Friday May 10th at
10:45am at the Mecosta
County
Commission on Aging and
Activity Center!**



Vicky
Dexter!

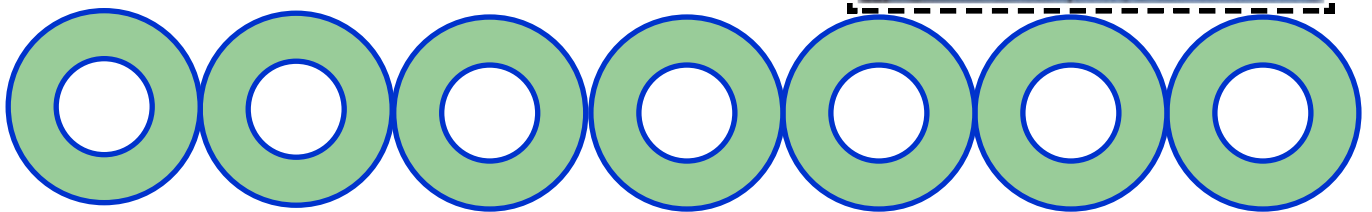
**Wednesday May 15th at
10:45am at the Mecosta
County
Commission on Aging and
Activity Center!**





Medicare Updates &
Changes with Adam
Spedoske.

Thursday May 9th at 10am
Call 231-972-2884 to RSVP
your spot!



Annual Euchre Luncheon
Tuesday May 21st at 11:30am
If you are a part of the Euchre club
and would like to join us for the
luncheon please contact
Tom or Jessica.



BBQ Rib Cook-Off!!!

It's that time of year again
where we find out who gets to
take the trophy for this years
Best BBQ Ribs!

Join us Wednesday May 22nd at
11:00am for all the fun, mess
and music! Bring your bellies
and voting hats!

Please **RSVP** at 231-972-2884

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