

ADDITIONAL DINING & ACTIVITY INFORMATION

It is important to remember that you do not need to be a senior citizen or live in Mecosta County to attend any of these dining activities.

All site locations welcome new participants and ideas for programs and activities.

Menus and activity calendars for all sites are available at the sites and are listed in the

Commission on Aging's newsletter "The Keyhole" available on-line at

www.co.mecosta.mi.us/coa.asp

Nutritional Information is also available at all the sites.

For additional information call/contact:
Shawn Sredersas
Nutrition Coordinator
231-972-2884

Mecosta County has several locations where area residents can go to meet with friends, participate in activities and enjoy a delicious meal. For more information on these sites see the inside of this brochure.

All meals for the sites and the homebound delivery program are prepared in the kitchen at the Mecosta County Senior Center, by expert cooks who are skilled in the art of creative nutrition with good home taste.

Major Funding Sources:

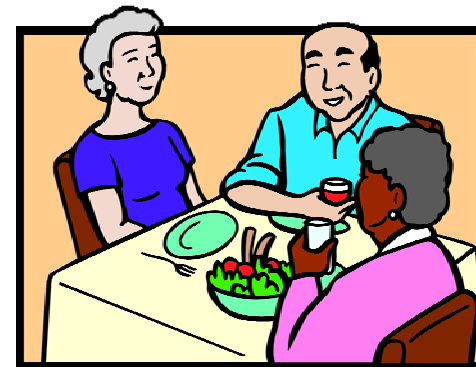
Community Donations
and



The Source for Seniors



Mecosta County Senior Style Dining



Where friends
come for
great food & fun!

Mecosta County
Commission on Aging
Senior Center
12954 80th Ave.
Mecosta, MI 49332
Phone: (231) 972-2884

SENIOR CENTER
MEAL SITE

Commission on Aging
12954 80th Ave., Mecosta
(231) 972-2884
Shawn Sredersas, Coordinator

OPEN:

Monday - Friday
8:30 AM to 5:00 PM
Meal Served at 12:00 PM
General Public Welcome

COST:

Diners age 60+ suggested
donation is \$3.00 Full Meal,
donation is \$2.00 Salad Bar

Diners under age 60
there is a \$4.75 fee



RESERVATIONS:

Call 231-972-2884 by
10:00 AM the attending day.

ACTIVITIES:

Depending on the location of
the Meal Site you're attending,
there are fun activities
that take place daily.
Check with the Site
for an Activity Calendar.

**Activities include
but not limited to:**

Fitness Classes: Tai Chi,
Enhance Fitness, Arthritis,
Matter of Balance, Line Dancing.

Card Playing: Euchre, Bridge,
Pinochle, Pedro, Cribbage.

Game Playing: Chess,
Scrabble, Wii.

Craft Classes: Painting,
Quilting, Spinning.

Enrichment Groups: S.O.A.R.,
Theology, Harmonica,
Readers Theater.

Educational Opportunities:
Computers 101, Library.

BARRYTON
MEAL SITE

Senior Building
71 Northern Ave., Barryton
(98) 382-7244
Glenda Jamison - Manager

OPEN:

Tuesdays & Wednesdays
11:00 AM to 1:00 PM
Meal served at 11:30 AM
General Public Welcome

COST:

Diners age 60+ suggested
donation is \$2.00 Full Meal

Dinners under age 60
there's a \$4.75 fee



RESERVATIONS:

Call 231-972-2884 the
day before desired attendance.