

FREE

SEPTEMBER 2025

SENIOR MOMENTS

From the Manistee County Council on Aging

News & Notes *From Our Director*

Hello Manistee County! I am so excited that things are moving forward on our commercial kitchen at the Senior Center. It has taken so long, I was beginning to think it would never happen, but with our contractor and our board it is going to get done. This will bring more options for our seniors and our community.

I can't believe that summer is over, and school is starting. The senior center has been super busy all summer and I hope we can slow down a little. We have so many great activities and programs, I am excited to see some new ones in the calendar this month. We are already planning the Halloween Party and just selected the date for our Christmas Party. These are both fun events and I know I always look forward to them.

I am also so excited to see all of the amazing trips that Maureen is bringing to our seniors. There is one going to Ireland that is ready to roll. She had a big crowd for the Switzerland / Italy trip and she has a lovely Charleston trip planned. If you want information on any of the trips stop by and pick up a flyer. We are working with a few groups to bring a great day filled with information, fun and lots of entertainment. On Wednesday, September 24th there is the Prime Time Living Expo at the Little River Casino & Resort. I am looking forward to this fun day for seniors and I think everyone will enjoy themselves. So, make sure you put it on your calendar to stop at this big event. I hope you have an amazing September and remember to try something new!

SARAH HOWARD
EXECUTIVE DIRECTOR

Sarah

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**DID
YOU
KNOW?**

The Manistee County Council on aging (MCCOA) was organized in 1971 and operates as a 501(c)(3) nonprofit funded by a voter-approved milage.

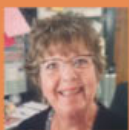
**SEPTEMBER IS
NATIONAL SENIOR CENTER MONTH**

**Happy 54 Years
Manistee County Council on Aging!**

OUR STAFF



SARAH HOWARD
EXECUTIVE DIRECTOR



NANETTE COOPER
RECEPTIONIST



KRISTEN MEZESKE
MEALS COORDINATOR



ALICE CLARK
ASSISTANT RECEPTIONIST



DODIE NICKLESON
ADMINISTRATIVE ASSISTANT



LINDSAY MEYER, RN
MED. MANAGEMENT



MOLLY CICHY
BOOKKEEPER



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Support Groups

GRIEF SUPPORT GROUP

September 4 at 11 AM

The Grief Support Group meets on the first Thursday of each month at the Wagoner Community Center. Doug Klee, a Spiritual Care Advisor with Munson Healthcare Hospice, will facilitate the group. For more information, please contact the Senior Center at **231-723-6477**.

DEMENTIA SUPPORT GROUP

Thursday, September 18th at 3 PM (Thurs. due to Senior Center being closed)

The Dementia Support Group meets on the second Thursday of the month. This is a friendly and supportive gathering for caregivers, family members, or anyone interested in learning more about and supporting our senior dementia community. For more information, please contact Jacki Krolczyk at **231-883-1341**.

PARKINSON'S SUPPORT GROUP

September 18 at 11 AM

The Parkinson's Support Group meets on the third Thursday of each month at the Wagoner Community Center. For more information, please call Marianne Blair at **586-917-8964**.



PRODUCE

BINGO

WEDNESDAY, SEPTEMBER 3 @ 11AM



SIMPLY give

DOUBLE MATCH DAY
SEPTEMBER 13TH

Together, we can feed our hungry neighbors. Purchase \$10 donation cards now through Saturday, September 27th to provide food to your local food pantries and families in need.

More details: meijercommunity.com or at the senior center front desk.

CELEBRATING SEPTEMBER BIRTHDAYS

Wednesday, September 17th at 11AM

SEPT 1 Leslie Day
SEPT 1 Sue Koller
SEPT 1 Debbie Pieczynski
SEPT 2 George Chvala
SEPT 2 Vicki Eden
SEPT 2 David Greshem
SEPT 4 Bernie Sedelmaier
SEPT 5 Donovan Kott
SEPT 8 Roberta (Bobbi) Bosley
SEPT 8 Dona Anabel
SEPT 9 Lois Doering
SEPT 10 Jim Grabowski

SEPT 10 Sally Harris
SEPT 10 Patricia Rubright
SEPT 10 Marilyn Schweitzer
SEPT 11 Sandy Arnold
SEPT 11 Kathleen Johnson
SEPT 12 Allan Kaminski
SEPT 12 Judy Tabaczka
SEPT 14 Steve Pachesny
SEPT 17 Eileen Pelarski
SEPT 20 Rosemary Kalasz
SEPT 20 Patty Leino-Jones

SEPT 20 Ruben Arriaga
SEPT 21 Roseann Dontz
SEPT 22 Kathe Cabot
SEPT 22 Garth Griswold
SEPT 23 Cyndi Kadzban
SEPT 24 Reva Hoxie
SEPT 25 Pauline Chick
SEPT 27 Jeannie Knudsen
SEPT 27 Lee Pefley
SEPT 29 Susan Fisher
SEPT 30 Mary Lou Mathewson

Cake donated by **meijer**

PRIME TIME LIVING EXPO



**WEDNESDAY,
SEPT. 24TH**

10am - 2pm
Little River Casino Resort

Connecting with our 55+ community.
**The Prime Time Expo will have a number of businesses,
programs, information and entertainment!**

An invitation for Seniors to Explore Our County

I would like to invite our seniors to come and discover the activities happening around our county. There will be a number of booths, entertainment options, and programs available throughout the day, specifically for those 55+ and older.

EXECUTIVE DIRECTOR

Sarah

Brought to you by The Manistee News Advocate and the Benzie County Record Patriot

SEPTEMBER 16TH AT 11AM

Karaoke
WITH
ALEX

How many squares do you see?



Answer: on the back page above the butterfly.



SENIORS AND SCAMS PRESENTATIONS



Two great presentation focused on your safety.

FILER CREDIT UNION SENIOR BANK SCAMS

Thurs., September 18th @ 12:30

Enjoy a treat with your coffee after lunch.

Join Filer Credit Union for a crucial presentation on bank/money scams targeting seniors.

Call to reserve your spot at - 231-723-6477

MANISTEE CHIEF OF POLICE SENIORS AND SCAMS

Friday, September 19th @ 1pm

Join us for an informative session featuring Manistee's Chief of Police, Josh Glass, who will share valuable insights on the various scams that often target seniors.

Call to reserve your spot at - 231-723-6477



NO PILATES IN SEPTEMBER

DANIELLA WILL BE BACK WITH PILATES IN OCTOBER!

CARDS & COFFEE WITH MAUREEN

Tues.
September 16TH 9am



Come learn to create your own greeting cards.
We will make 2 cards with materials provided
No experience necessary.



\$10 Donation goes to the
Wagoner Community Center.

CALL 231-723-6477

to reserve your spot so we have enough supplies.

CHARLESTON SOUTH CAROLINA INFORMATIONAL MEETING

MONDAY, SEPTEMBER 8 AT 2PM

AT THE SENIOR CENTER



Motorcoach transportation & Meals
Visit to Historic Charleston City Market
Relaxing Harbor Cruise in Charleston
Famous and Historic Middleton Place
Guided Tour of Charleston
Tour of 'The Joseph Manigault House'
Famous Angel Oak Tree
Visit to Charleston Tea Garden via Trolley

TRAVEL WITH US!

Charleston SC
FEB. 21 - MARCH 1, 2026



ALZHEIMER'S ASSOCIATION

Thursday, September 18th at 12:30

An education program presented by the
Alzheimer's Association

Reserve your spot by calling 231-723-6477



Wheelin' & Dealin' with Johnny O'

Prepare your costumes, find your wig and fill your pockets & purses with "STUFF"

FRIDAY, OCTOBER 3RD

Are
You Ready?





LEARN BRIDGE CUEVIDS

TUES, SEPTEMBER 2 @ 9:30AM

LEARN BRIDGE REVERSES

TUES, SEPTEMBER 9 @ 9:30AM

Jean will be here to teach you the process.

Call to reserve your spot at the table call
the senior center - 231-723-6477



TUESDAY, SEPTEMBER 16TH
1 PM AT THE VOGUE THEATRE

CALL MANISTEE'S SENIOR CENTER
TO RESERVE YOUR SPOT TODAY!

231-723-6477



JOIN US FOR OUR SEPTEMBER

SENIOR POTLUCK

AT THE SENIOR CENTER

SUNDAY, SEPTEMBER 14TH @ 1 PM

BRING A DISH TO PASS

CALL TO RESERVE YOUR SEAT
231-723-6477



WILLS & TRUSTS FOR SENIORS SAT., SEPT. 27TH 9:30AM

ATTORNEY MICHAEL HERRING
WILL BE IN TO DISCUSS WILLS & TRUSTS



CALL THE SENIOR CENTER TO
RESERVE YOUR TIME 231-723-6477

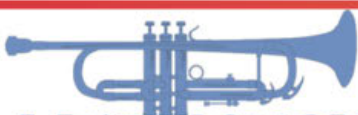


Toe Tappin' Tuesdays

Join us for Toe Tapping Tuesdays with our band and
friendly Toe Tappers. It's a fun time with great music,
dancing, and pure fun.



Left to right: Kay Bos, Bill Bos, Sharon Grajcar & Mike Grajcar.



LIVE MUSIC
TUESDAYS AT 11AM

SEPT
9

PLAYING IT
FORWARD BAND

SEPT
30

SUZANNE

All are welcome!

HEALTH & FITNESS SERVICES

AT MANISTEE SENIOR CENTER

LINE DANCING

Tuesdays at 1pm with Miss MiMi
Fun atmosphere - No partner needed!
Please bring a friend and discover something
new together.

Call to reserve your spot:
231-723-6477

FOOT CARE CLINIC

Tuesday, Sept. 9th & 16th
starting at 9:30 AM
COST \$20.00

Bring a towel and basin.
**Call the Senior Center to reserve your
spot - 231-723-6477.**

CHAIR MASSAGE

Monday, Sept. 8th & 22nd
from 12 PM to 2 PM

Enjoy a FREE relaxing massage with Diane
Donations Accepted
Call the Senior Center to reserve your spot
231-723-6477.

ZUMBA GOLD

Every Wed. at 10:30 am

REFLEXOLOGY

Mon, Aug. 8th & 22nd
10 AM to 2 PM

Experience reflexology, a foot and leg
massage targeting pressure points.

This is not massage therapy.

Donations Are Welcome

**Call 231-723-6477
to reserve your spot.**

BALANCE AND STRETCH

Mon. at 1 pm • Fri. at 10am

SIT & FIT

Tues. and Thurs. at 10 AM

BLOOD PRESSURE CLINIC

Wednesdays at 10 am

CARDIO DRUMMING

Wednesdays - Live Video Instruction
Thursdays & Fridays - Instructor Regina
1 PM

The Wagoner Community Center offers a variety of unique spaces
for rent. Whether you need classrooms, cozy gathering areas,
private space or a community room, we have the perfect venue for
you or your group

**Meetings, Small Groups, Trainings, Presentations,
Weddings, Birthdays**

Wagoner
Community
Center

To Reserve Your Space contact Sarah Howard at
231-723-6477 or email mccoas.h@gmail.com

***We have a seat
for you!***

These great chairs in front of the Wagoner Community Center are just waiting for you. Sit and enjoy our great summer weather, chat with a friend(s), or just rest.



MANISTEE BLESSINGS IN A BACKPACK

501C

Who will feed the kids this weekend?

- \$145 per Year to Sponsor A Child
- Volunteer to help pack once a month at the Wagoner Community Center



Scan
to
Donate



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Facebook



*Thank You!
From the bottom
of our backpacks.*

2025 PACKING SCHEDULE

SEPTEMBER 16 & 30, OCTOBER 14 & 28
NOVEMBER 11 & 24, AND DECEMBER 9

September FOOD BANK

FRIDAY, SEPT. 19TH FROM 9 AM TIL 11AM

THE FOOD BANK OFFERS GROCERY ASSISTANCE ONCE A MONTH ON THE THIRD FRIDAY AT THE SENIOR CENTER.



YOU MUST BE AT LEAST 60 YEARS OLD.

For more information, please call 231-723-6477

MANISTEE VETERANS AFFAIRS MONTHLY OUTREACH

FRIDAY, SEPT. 26TH AT 10AM

★ We're here for our veterans—helping with claims, benefits, and urgent needs so you can access the support you've earned. ★



ON THE ROAD

WELLSTON - TUES., SEPT. 11TH @10AM

Please call to reserve your spot.
231-723-6477

FALL PREVENTION AWARENESS WEEK

SEPTEMBER 22-26, 2025

Fall Prevention Awareness Week is a national health campaign observed on the first day of fall to increase awareness around falls health and injury prevention. Get ideas to raise awareness in your community.

Here are some tips:

1

Find a good balance and exercise program

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.



2

Talk to your health care provider

Ask for an assessment of your risk of falling. Share your history of recent falls.



3

Regularly review your medications with your doctor or pharmacist

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.



4

Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.



5

Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.



6

Talk to your family members

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.



YOU GOTTA HAVE ART!

MONDAYS @ 10:15AM

We had a lot of painters in August!

Who knew we had so many great painters in our midsts. It's informative, fun and relaxing.

Learn a new technique, brush up on your existing painting skills or find out just how good you are!



We welcome participants of all levels. Bring your own canvas any size will do. Work on a project or pursue your own creative ideas at your own pace. We will learn from an instructor as well as from each other.

Call to reserve your space - 231-723-6477



TRAVEL WITH US in 2026!

Travel by: Collette Travel & Going Places, Diamond Tours and White Star Tours



THREE INTERNATIONAL TRIPS

MAY 3 - MAY 13, 2026 • Switzerland & Northern Italy

JUNE 24 - JULY 3, 2026 • Shades of English Countryside

SEPT. 2 - SEPT. 12, 2026 • Greece Island Hopper

Watch for informational meeting dates for Shades of English Countryside & Greece Island Hopper.

Meeting
Oct. 22nd
2pm



BUS TRIPS

FEB. 21 - MARCH 1, 2026 • Charleston SC

SEPT 12 - SEPT. 20, 2026 • Mt Rushmore

OCT. 25 - OCT. 31 2026 • Pigeon Forge and Biltmore Estate

Flyers and signup sheets are available for Charleston and Mt. Rushmore. Pigeon Forge details coming soon.

Meeting
Sept. 8th @ 2pm



Maureen Barry
maureenmccoat@gmail.com

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15-0697

2025 SEPTEMBER MEALS

1

NO MEAL SERVICE



2

Cheeseburger
on a WG Bun
Brussel Sprouts
Broccoli
Fresh Banana
Milk

3

Lemon Pepper Fish
w/ WG Dinner Roll
Asparagus Tips
Peas & Carrots
Fresh Apple
Milk

4

Meatloaf with
Slice of WG Bread
Hubbard Squash
Collard Greens
Fresh Orange
Milk

5

Egg & Cheese Omelet
Sautéed Peppers &
Onions
Roasted Potatoes
100% Apple Juice
WG Muffin & Milk

8

Beef Stuffed Pepper
Fiesta Corn
Winter Blend
Vegetable Fresh
Blueberries
Dinner Roll
Milk

9

Teriyaki Chicken with
Fried Rice Oriental
Blend Vegetables
Sliced Carrots
Craisins
Milk

10

Grilled Chicken Sand.
WG Hamburger Bun
Harvest Blend
Vegetable
Diced Beets
Fresh Pear & Milk

11

Chicken Cordon Bleu
w/ WG Bread Slice
Sliced Carrots
Cheesy Potatoes
Fresh Plum
Milk

12

Beef Tips with Gravy
& Egg Noodles
Midori Blend
Vegetables Zucchini
Fresh Strawberries
Milk

15

Italian Sausage on
WG Bun Sautéed
Peppers & Onions
Roasted Sweet
Potatoes, Blueberries
Milk

16

Chicken Alfredo with
WG Garlic Toast Slice
Mixed Salad
Broccoli
Fresh Plum
Milk

17

Spanish Rice &
Refried Beans
Cottage Cheese
Roasted Corn &
Peppers Harvest
Vegetables Fresh
Orange & Milk

18

Chicken Drumstick
with Cornbread Loaf
Brussel Sprouts
Winter Blend
Vegetables Fresh
Apple & Milk

19

Country Fried Steak
w/ Gravy
WG Dinner Roll
Mashed Potatoes
Sliced Carrots
Fresh Pear
Milk

22

Soft Taco - Taco Meat,
Shredded Cheese,
(2) 6" Tortillas
Steamed Corn
Black Beans
Pineapple Tidbits
Milk

23

Biscuits & Sausage
Gravy Roasted Sweet
Potatoes Collard
Greens
Fresh Apple
Cheese Stick
Milk

24

Chicken Salad
on a Croissant
Cucumber Salad
Three Bean
Craisins
Milk

25

Chicken Tenders w/
WG Bread Slice
Harvest Vegetable
Blend Peas & Carrots
Fresh Orange
Milk

26

Goulash with a WG
Texas Toast
Midori Blend
Vegetables Mixed
Salad
Fresh Banana
Milk

29

Breaded Fish on a
Hamburger Bun
Winter Blend
Vegetables Zucchini
Slices
Fresh Pear
WG Dinner Roll

30

Swedish Meatballs
Mashed Potatoes
Asparagus Tips
Fresh Apple
Garlic Breadstick
Milk

Hot meals are available to all Manistee Seniors at 5 sites. A \$3 donation is appreciated, and visitors/under 60 may join for \$5. Please call by noon the day before to reserve your meal. To cancel a meal, call (231) 723-6477. No meals are provided on snow days. MAPS (Manistee Area Public Schools) provides the food services.

COMMUNITY LUNCHEON SITES

Wagoneer Community Center, Manistee - Monday - Friday at noon 723-6477
Norman Twp. Comm. Center, Wellston - Tuesday & Thursday at 11 AM 231-884-8974
Pleasant Valley Comm. Center, Arcadia - Tuesday & Friday at 12:30 PM 510-2890
Marilla Twp. Hall, Marilla - Wednesday at noon 233-8395
Maple Grove Comm. Center, Kaleva - Thursday at noon 299-4484



1  SENIOR CENTER CLOSED! NO FOOD SERVICE OR MEALS ON WHEELS	2 10-Sit & Fit 10:30-Sign Language 11-Drop in Tech Help 12:30-Bridge 1-Pinochle 1-Line Dancing 2-Knit & Crochet 3:30-Chair Yoga	3 9-Tai Chi 10-BP Clinic 10:30-TOPS Mtg 10:30-Zumba Gold 11-Produce Bingo 1-Cardio Drumming	4 10-Sit & Fit 10-Cribbage 11-Grief Support Group 1-Cardio Drumming 1-Chess	5 9-Tai Chi 10-Balance & Stretch 10-Hand & Foot Game 1-Cardio Drumming 1-Euchre
8 9-Tai Chi 10-Dominoes 10-Reflexology 10:15-Gotta Have Art 12-Chair Massage 12:20-Bridge 1-Balance & Stretch 1-Mah Jongg 1-Pinochle 2-Board Games 2-Charelston, SC Trip Meeting	9 9:30 Foot Clinic 10-Sit & Fit 11:30-Drop in Tech Help 11-Music: Playing It Forward 12:30-Bridge 1-Pinochle 1-Line Dancing 2-Knit & Crochet 3:30 Chair Yoga	10 9-Tai Chi 10-BP Clinic 10:30-Zumba Gold 10:30-TOPS Mtg 11-Fun Bingo.  SENIOR CENTER CLOSED Flower Show setup	11 NO CONGREGATE MEAL SERVICE IN MANISTEE SENIOR CENTER CLOSED	12 SCREEN & STITCH AT THE VOUGE THEATRE @ 10AM NO CONGREGATE MEAL SERVICE IN MANISTEE SENIOR CENTER CLOSED FLOWER SHOW OPEN TO THE PUBLIC FRI & SAT. at the Wagoner Community Center
15 9-Tai Chi 10-Dominoes 10:15-Gotta Have Art 12:30-Bridge 1-Balance & Stretch 1-Mah Jongg 1-Pinochle 2-Board Games	16 9:30 Foot Clinic 9:30 Cards & Coffee 10-Sit & Fit 11-Drop in Tech Help 11-Karaoke with Alex 12:30-Bridge 1-Popcorn & a Movie 1-Pinochle 1-Line Dancing 2-Knit & Crochet 3:30-Chair Yoga	17 9-Tai Chi 10-BP Clinic 10:30-TOPS Mtg 10:30-Zumba Gold 11-September Birthday Cake Day 11-Fun Bingo 1-Cardio Drumming	18 10-Sit & Fit 10-Cribbage 11-Parkinsons Support Group 12:30-Filer Credit Union Presents Senior Bank Scams 12:30-Alzheimer's Presentation 1-Cardio Drumming 1-Chess 3-Dementia Support	19 9-Food Bank 9-Tai Chi 10-Balance & Stretch 10-Hand & Foot Game 1-Seniors & Scams with Josh Glass 1-Cardio Drumming 1-Euchre
22 9-Tai Chi 10-Reflexology 10-Dominoes 10:15-Gotta Have Art 12-Chair Massage 1-Balance & Stretch 12:30-Bridge 1-Mah Jongg 1-Pinochle 2-Board Games	23 10-Sit & Fit 11-Drop in Tech Help 12:30-Bridge 1-Pinochle 1-Line Dancing 2-Knit & Crochet 3:30-Chair Yoga	24 9-Tai Chi 10-BP Clinic 10:30-TOPS Mtg 10:30-Zumba Gold Afternoon: Prime Time Living Expo at Little River	25 10-Cribbage 10-Sit & Fit 11-Clean Start Free Lunch & Program 1-Cardio Drumming 1-Chess	26 9-Tai Chi 10-Verterans Outreach Program 10-Balance & Stretch 10-Hand & Foot Game 1-Cardio Drumming 1-Euchre
29 9-Tai Chi 10-Dominoes 10:15-Gotta Have Art 12:30-Bridge 1-Balance & Stretch 1-Mah Jongg 1-Pinochle 2-Board Games	30 10-Sit & Fit 10:30-Sign Language 11-Drop in Tech Help 11-Music with Suzanne 12:30-Bridge 1-Pinochle 1-Line Dancing 2-Knit & Crochet 3:30-Chair Yoga	 SEPTEMBER 2025 Calendar of Events Senior Center Hours: Mon. - Fri. 8:00am - 4:30pm		

AROUND OUR COUNTY - SENIOR CENTER HIGHLIGHTS



ARCADIA PLEASANT VALLEY COMMUNITY CENTER

PICKLEBALL

Mondays, Wednesdays, Fridays

9:00 a.m. to 12:00 p.m.

Sundays - 2:00 to 5:00 p.m.

Ladies' Afternoon Pickleball
(Wednesdays) - 3:00 to 6:00 p.m.
\$5 drop-in or \$20 for the season
(through Labor Day)

YOGA

Mondays - 6:00 to 7:00 p.m.

Mindful Movement Yoga w/ Jenn -
Donation-based

Wednesdays & Saturdays - 10:00
to 11:30 a.m. W/ Sarah - For info
and rates, call/text Sarah at
269-719-6022.

TUESDAY EVENING CLASSES

Gentle Movement & Balance - 5:00
to 6:00 p.m.

Cardio Drumming - 6 to 7pm
\$12 per class or \$10 each when
you prepay for 3 classes

THURSDAYS

Euchre - 5:30 to 8:30 p.m.

BEAR LAKE COMMUNITY CHURCH

SIT & FIT

Wednesdays & Fridays 10am

FOOD PANTRY FOR NORTHERN MANISTEE COUNTY

1st Thurs. of the month 9am - 11am
3rd Thurs. of the month from 4 - 6pm

10

KALEVA MAPLE GROVE TOWNSHIP COMMUNITY CENTER

THURSDAYS

Sit & Fit 10am

Cardio Drumming 11am

Luncheon 12pm

Board & Card Games 1pm

**TO SIGN UP
OR FOR QUESTIONS CALL
231-299-4484**

WELLSTON NORMAN TOWNSHIP COMMUNITY CENTER

TUESDAY & THURSDAY

9 am 9 AM - Cardio Drumming

11 am - luncheon

THURSDAY

10 am - bingo

**QUESTIONS OR MORE INFORMATION
CALL: 231-884-8974**

ONEKAMA FARR CENTER

Sit & Fit

Mondays & Wednesdays at 10:30 Am



WE CAN HELP!



We're All About
Compassionate Moving
Solutions.



A CLEAN START

Free lunch for the first 50 people to sign up!

FRIDAY, SEPTEMBER 25 AT 11am

We help you with local moves, clean outs, relocating, retiring, transitional estate services, moving into assisted living facility, downsizing, de-Cluttering, taking care of a loved ones property, and much more...

Come and learn what we can do for you.

**To reserve your seat & free lunch
call the senior center at 231-723-6477**



SCREEN & STITCH AT THE VOUGE FRIDAY, SEPTEMBER 12 @ 11AM - 11:45AM

Fiber artists are invited to attend a **free movie** at the Vogue to celebrate **International Crochet Day**. Lights will be on for this showing so that you can work on your projects. **Bring your supplies and we'll provide the popcorn.**

**The Vogue Theatre & The Manistee Library Present
"Singin' in the Rain" for this Screen & Stitch event**

Free tickets can be reserved in advance at the Vogue Box Office or walk in the morning of the show. This event is intended for adults.
Screen & Stitch is free and open to the public.

No library card required.

SUPPORT THE ADVERTISERS

that Support our
Community!



August Rememberance & Reflection

The Munson Healthcare Hospice hosted one of its annual **Memorial Butterfly Releases** on August 8, at the **Manistee Senior Center**.



AUGUST...

"May the memories you make this August keep you smiling all year long."

231-723-6477
Senior Center Hours:
Monday - Friday
8:00 AM - 4:30 PM