



Senior Happenings

**600 Grand River Ave.
Port Huron, MI 48060**

www.thecouncilonaging.org

Scott Crawford,
Executive Director

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Jyme J. Hager, Editorial Assistant

MISSION STATEMENT:

To coordinate programs that promote and safeguard the independence and well-being of the senior citizens of St. Clair County.

WHERE TO LOOK ...

- Calendars..... 16
- Furnace Program 13
- Health & Fitness News 11
- Membership Application.....27
- Memorials & Donations..... 9
- Nutrition & Health..... 16
- Out & About25
- Pumpkin Sale 12
- Senior Power Day 6
- Silver Raffle 5
- Special Events 7
- Travel Service 5
- WLC Crafting 14

Senior Power Day

The 36th Senior Power Day will be held on Friday, October 29, 2021 from 9:00 a.m. - 2:00 p.m. at the Washington Life Center at 403 N. Mary Street, Marine City. There will be free testings/screenings, brunch, door prizes and vendor displays. It's a day for you to take control of your health. Transportation is provided by calling the transportation department at your local senior center. For more details look on page 6.

Medicare Part D



MEDICARE
PART D

Medicare Part D open enrollment is from October 15 - December 7, 2021. The Council on Aging will once again be assisting seniors with Medicare Part D to either enroll or compare/change plans. The Port Huron Senior Center will be holding enrollment dates on Monday, October 18, Wednesday, October 27, Wednesday, November 10, Thursday, November 18 and Tuesday, December 7 from 9:00 a.m. - 2:00 p.m. You **MUST** schedule an appointment. Please call 810-984-5061 ext. 119. **You must bring ALL**

medications in their bottles and your Medicare Card or you will not be able to be seen.



Supporting Membership

for the Council on Aging is \$10 for an individual and \$15 for a married couple per year and entitles you to the monthly SENIOR HAPPENINGS. Anyone can support the Council's programs through their purchase of a membership. Those renewing memberships by the expiration date (appearing on the first line of the attached mailing label) ensure uninterrupted delivery of the SENIOR HAPPENINGS newsletter.

If you would like a receipt sent to you, please enclose a stamped, self-addressed envelope with your check. Please remember to sign the (renewal) application form.



Affiliated Organization

Council on Aging, Inc., serving St. Clair County is a private, non-profit agency whose programs and services are funded all or in part by the following: St. Clair County Senior Services Millage; Federal Older Americans Act and State of Michigan's Older Michiganians Act and the Aging and Adult Services Agency through the Area Agency on Aging 1-B (AAA 1-B) and Macomb Oakland Regional Center (MORC); AmeriCorps Seniors; Michigan Department of Transportation; City of Port Huron; United Way of St. Clair County; Fundraisers; Memberships; Memorials; and Donations.

The Council on Aging, Inc. complies with the terms and regulations and amendments of Title IV and Title V of the Civil Rights Act of 1964 and Section 504 of the federal Social Rehabilitation Act of 1973, the Age Discrimination in Employment Act, the Americans with Disabilities Act, the Age Discrimination Act, the Michigan People with Disabilities Civil Rights Act, and the Elliott-Larsen Civil Rights Act, (P.A. 453 of 1976). CoA is an Equal Opportunity Employer. Reasonable accommodation will be provided upon request.

Complaints of discrimination can be filed with: CoA's Executive Director, the Area Agency on Aging 1-B, the Michigan Department of Civil Rights, or the U.S. Department of Health and Human Services' Office of Civil Rights.



Transportation:

If you are 60 years or older and in need of Transportation for Green Card Food Commodities pick-up or transportation somewhere else, call Council on Aging Transportation at 984-4200.

Silver Raffle Tickets

Silver Raffle Tickets for 2022 will be on sale in December at your area senior center. The \$25 ticket enters you in a monthly drawing each month January - August for \$50. In addition to the monthly drawings, in August big money prizes of \$100, \$200 and \$400 are drawn.

These are the winners drawn at this year's party. Thank you to those who bought tickets for 2021.

August's winner: **Christine Jozefiak, Watton, MI.**

\$100 winner: **Sheree Hyde, Port Huron, MI.**

\$200 winner: **Bonnie Landschoot, Marysville, MI.**

\$400 winner: **Chris Krause, Lakeport, MI.**

Raffle License#: C29714

CHECK US OUT ...

The Council on Aging is now on **Twitter** and **Facebook**. Be sure to "friend" us on Facebook.

Alzheimer' Support Group

If interested in participating, contact Brian Larsen, Starpath Director at 984-8970.

Attention Members ...

Have you moved or are you planning to move in the near future? If so, please contact us with your new mailing address or you will not be receiving your newsletter. The Post Office will not forward your newsletter.

If you are interested in receiving your newsletter by email, please contact your local senior center to arrange this. By choosing this option, the Council on Aging would continue to save money by reducing the cost of postage.

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MI Senior FEAST (Friends Eating And Socializing Together) is a community dining program that allows older adults to eat a nutritious, healthy meal at a local restaurant. The CoA is partnering with Four Star Grille in Marysville to offer this program. This program is for anyone 60 years of age or older. Friends and family members under age 60 are welcome to join their older adult companion but are required to pay the full cost of the meal at the restaurant. Program participants are assigned meal vouchers that are specific to them. Vouchers cannot be transferred to another person. Suggested donation is \$3 per voucher.

FEAST Day & Time in St. Clair County at the Four Star Grille in Marysville is **Tuesdays & Thursdays** from 11:00 a.m. - 2:00 p.m.

Contact the Council on Aging Senior Nutrition Program to obtain vouchers or for more information at 810-982-4400.

MENU:

- 1/2 Sandwich on Choice of Bread (Roast Turkey, Grilled Ham & Cheese or Tuna Salad) which includes lettuce, tomato, pickles & mayo.
- Choice of 1 side: (Coleslaw, Cottage Cheese, Veggie of the Day, Side Salad)
- 1/2 Salad with pita (Julienne Salad or Four Star Salad)
- Breakfast Option - 1 egg, potatoes, choice of meat, choice of bread
- Fruit Cup
- Beverage Option: Milk, Water, Coffee or Tea (Pop not included)

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Appointments are available by phone, Zoom via computer or in person at the office.

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**Traveling with Council on Aging Travel Service is fun and easy - Call today!
Two convenient locations to serve your travel needs.**

PORT HURON SENIOR CENTER
600 Grand River Ave.
Port Huron, MI 48060
(810) 984-5063

All day trips may be paid in full at sign up, but no later than 30 days prior to departure. Checks payable to CoA Travel can be mailed to 600 Grand River Avenue, Port Huron, MI 48060; or drop check or cash off at Washington Life Center or Port Huron Senior Center (we cannot process credit/debit cards for one day trips or Diamond Trips). Travelers on day trips from Port Huron depart from the SAMS Club parking lot (north of the SAMS Club gas station) in Port Huron Township or the Meijer on 26 Mile Road, Lenox Twp. near the Huntington ATM. Please advise us of your departure choice. There are no refunds or credits for day-trips, but a person can take your place if you advise us. We strongly encourage multi-day travelers to purchase insurance. Everyone is invited to enjoy these trips, if you are a non-member the cost is \$4 more than the posted price.

WASHINGTON LIFE CENTER
403 N. Mary Street
Marine City, MI 48039
(810) 765-4254

**No trips are scheduled at this time due to the pandemic.
Stay tuned for information as trips are planned.**

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU

Council on Aging's 36th Senior Power Day

Friday, October 29, 2021

9:00 a.m. - 2:00 p.m.

Washington Life Center

**SPONSOR DISPLAYS - DOOR PRIZES - FOOD -
HEALTH TESTS/SCREENINGS**

Lists of tests/screenings (subject to change)

Alzheimer Screening; Balance & Fall Risk Screenings; Blood Draws for Cholesterol & PSA tests; Grip strength test; balance screening & posture screening; Blood Pressure Check; Demo Phones for hearing impaired; Flu & Pneumonia shots (bring insurance card); Mental Health Screening; Prescription Pill Take Back Bin; Hearing Screening

BENEFACTORS:

Lake Huron Medical Center
McLaren Port Huron Hospital

SUPPORTERS:

Algonac Family Practice
CapTel Outreach Telephones
SCC Library System

SPONSORS:

Area Agency on Aging 1-B
Blue Water Lodge
Lake Huron Woods
Regency-on-the-Lake
SCC Community Mental Health
Sunrise Pace/AAA Reg. 7
Visiting Angels
UNA/Blue Water Hospice

FRIENDS:

Colonia Woods Christian Counseling
Center
Distinctive Eyewear
Hunter Hospitality House
Lakeshore Legal Aid
Miracle Ear
PortHaven Manor
Port Huron Housing Commission
Sage Creek Senior Living
Sanborn Gratiot Memorial Home
SCC Sheriff's Department
Walgreen Drug Stores

Conrad Community Center - Capac

Fall Bowling League at Holly Meadows, Thursdays at 10:00 a.m. This informal non-sanctioned league includes 3 games for \$6, shoes available for \$2. Bowlers are not obligated to bowl each week or pay for weeks missed. Stop in and give it a try!

Friday, October 1 Steve Wood, "Anyone Can Paint" class! Let Award Winning Television Artist Steve Wood help to develop the "artist" in you. Steve Wood's unique ability to blend humor and encouragement results in a very enjoyable, relaxing experience. If you have ever had the desire to paint, Steve is the instructor to show you how! No prior experience necessary! Instructor fee \$20, minimum of 7 required RSVP.

Throwback Thursday Crafts, 2:00 p.m. Create a decorative Fall Corn Husk Wreath on October 7. Bring the following supplies: 20 medium-size Indian corn, hot glue gun, 18 inch flat craft ring. Make the Firewood Carrier from a canvas bag on October 21, this could be a great Christmas gift. Bring the following supplies: Canvas bag, piece of oilcloth 20L x 15W. Some machine stitching is required, bring sewing machine. A sewing machine is available to use if you don't have your own.

Paper Crafts begins at 1:00 p.m. on October 18. Project time for yourself or make cards to give away! We have everything you need to create greeting cards, or complete scrapbook pages! We may work with stamps, a Cricut or embosser. Bring your ideas and photos and enjoy time with fellow scrapers! Volunteer to make Thank-You cards for Veterans, supplies provided.

Sew Fun! Wednesday afternoons in October. Stop in to see the samples of each project and pick up a materials list.

Spooky Fun & Games on October 28 beginning at 12:00 noon. RSVP for lunch. Wear black & orange or a costume. "Boo Bunco" begins at 1:00 p.m., \$2 to play.

Port Huron Senior Center

For more information or to RSVP for any programs or events, call 984-5061 ext. 129.

Be sure to view our calendar in this month's newsletter and then go to our Facebook page ([porthuronseniorcenter](https://www.facebook.com/porthuronseniorcenter)) for more info and activities related to the items posted on the calendar. PLEASE NOTE: Any of the programs listed with a specific date/time are canceled if the Senior Center is closed.

Parkinson's Support Group will meet Tuesday, October 6 at 1:00 p.m. at the Port Huron Senior Center. Everyone is welcome to attend. The Michigan Parkinson Foundation website (parkinsonsmi.org) offers classes, interactive discussions, educational presentations and other resources. All are free to attend. They are also holding state-wide monthly support groups via Zoom. Go to their website for more information on how to join a zoom meeting or class. The foundation also has a YouTube channel full of lectures, symposiums and exercises. Just go to YouTube.com and type in Michigan Parkinson Foundation.

Book Club is meeting Tuesday, October 12 at 1:00 p.m. Watch for signs at the Center and Facebook for meeting location. Anyone interested in reading and a bit of socializing is welcomed to join.

Ask a Financial Guru. While we can't have our in-person monthly program right now, Chad Day of the Michigan Retirement Agency will meet with you regarding finances! Chad can answer any of your questions regarding Social Security, Medicare enrollment and plan reviews, life insurance policy, long term care, annuities and traditional investments reviews. Look for more information on Facebook and signs at the Center for more information.

Therapy Dogs will be here to visit on October 13 at 10:00 a.m. They will visit everyone.

Mats that Matter will be meeting Tuesdays and Thursdays at 10:00 a.m. We will be looking for help on folding and cutting bags as well as weavers. Any help will be appreciated. The mats will be going to our local homeless shelter. Help us help those who need it.

Craft Class will be on October 20 at 1:00 p.m. We will be making a fall or Halloween candle made from mason jars.

Port Huron's Veteran's Club will be meeting Thursday, October 21 at 1:00 p.m. All veterans are welcomed and encouraged to come.

Senior Power Day will be on Friday, October 29 at the Washington Life Center in Marine City from 9:00 a.m. - 2:00 p.m. There will be a variety of health screenings available, information on senior housing, health care agencies and services they provide. In addition, there will be presentations on topics such as how to avoid falls. Lots of good information for everyone.

Washington Life Center

Each of these events will occur in the Washington Life Center cafeteria unless otherwise noted. All programs subject to change. For more information, please call the

Continued on page 8

Special Events Happening

At Your Local Senior Centers

Continued from page 7

center at 810-765-3523. **PLEASE NOTE: NO PROGRAMS WILL TAKE PLACE IF THE CENTER IS CLOSED.**

World Smile Day on October 1. Every year on the first Friday in October, we celebrate Smiley and his message of goodwill. Harvey Ball (1921-2001) of Worcester, Massachusetts, created the world-famous "smiley face" in 1963 for an insurance company that wanted to boost the morale of its employees. Through the years, many people told Harvey Ball how Smiley had brightened their day, so in 1999 he created World Smile Day.

Mouseketeer Day on October 3. The Mickey Mouse Club debuted on this day in 1955.

Kanelbulle Dag, October 4. In Sweden, the country of its presumed origin, the cinnamon roll takes the name of Kanelbulle (cinnamon rolls), and October 4 has more recently begun to be promoted as Kanelbullens Dag.

Fall Prevention Workshop, October 5. Join us for a Fall Prevention Workshop sponsored by Visiting Nurse Association & Blue Water Hospice.

Bluewater Bridge Day October 8. The structure spanning the St. Clair River was opened on October 10, 1938. The Blue Water Bridge connects two countries: Canada and the U.S.

National Popcorn Day October 9. Everybody loves popcorn - the granddaddy of all snack foods. Popcorn was discovered in the Americas thousands of years ago, since then it has been captivating people with its magical charm. Yet through the ages, popcorn has remained relatively unchanged. Popcorn is a seed, which just happens to do some delicious things when heated.

Columbus Day, October 11 the Center is closed in observance.

Happy Birthday US Navy on October 13. On this day in 1775, the Second Continental Congress approved the acquisition of ships and the establishment of the Navy.

Bosses Day, October 15. Annually the weekday closest to October 16. How did it get started? Patricia Bays Haroski, an Illinois secretary, launched National Boss Day in 1958. Actually, she worked for her father. His birthday was October 16, which gave her the idea of using that date as an official day for people to honor their bosses.

Happy Birthday Alaska, October 18. On October 18, 1867, Alaska was transferred from Russia to the United States.

Monster Mash-a-thon, October 20. On this day in 1962, "The Monster Mash" (by Bobby "Boris" Pickett and the Crypt Kickers) reached No. 1 on the music charts and

stayed there for two weeks.

Hospice 101 on October 26. Join us for Hospice 101, presented by Visiting Nurse Association and Blue Water Hospice.

Senior Power Day on October 29. Join us at the WLC for our Senior Power Day. Health screenings, tests, lunch and even door prizes! Make sure to check your newsletters for more information.

Happy Halloween on October 31.

Washington Life Center's Veterans Club meets every month on the 2nd Thursday of the month at 6:30 p.m. All veterans are welcome, new members encouraged.

Save your VG's or any Spartan store receipts. Please bring in your receipts from your grocery shopping to help us earn some cash.

Yale Senior Center

Yale Mini Trips:

- October 18 at 9:30 a.m. Shopping in Sandusky & Mennonite Store.
- October 25 at 9:30 a.m. Terror on Tillson Street with Lunch and Shopping in Romeo

Pumpkin Sale - We have been watching our Pumpkins grow. Now it's time to pick and sell our pumpkins. Help pick pumpkins Thursday, October 14 at 10:00 a.m. Sale begins on Friday, October 15 at 10:00 a.m. until 3:00 p.m.

Crafts: Wednesday, October 13 and Wednesday, October 20 at 12:30 p.m. Help make Perler Bead Keychains/Backpack Pulls for upcoming Craft Shows in December. It's easy and fun, no skills necessary.

Halloween Party on October 27. Spider Races at 11:00 a.m. \$1 (in Dimes) needed to play Spider Races (10 cents a bet). 12:00 noon Lunch, please RSVP by Friday, October 22. Penny Bingo begins at 12:30 p.m. 25 cents per card and pennies to play.

Therapy Putty Hand Exercises last class is Wednesday, October 6. The new session will begin in November.

Arthritis Foundation Exercise Program and Walk with Ease last class for this session is Thursday, October 7. New session will begin in November.

Thursday Belles

Ladies Euchre Card Group

Thursdays
beginning Thursday, September 30
12:00 noon
Palmer Park Recreation Center

All women are welcome
\$2 cash fee per week

Contact PH Recreation Center for more
information 810-984-9760

MEMORIALS & MONETARY DONATIONS RECEIVED FROM:

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Capac Fitness Programs

Total Rebound with Lori is offered at the Conrad Community Center - Capac Monday, Wednesday & Friday outside at 11:00 a.m. Donation to center.

New Rocking Your Health will meet on Monday, Wednesday and Fridays at 9:30 a.m. on new covered patio.

Zumba Gold will meet on Tuesdays & Thursdays at 10:00 a.m. with instructor Linda Schmitt. Suggested donation is \$20 per month, due on the 1st of the month, no refund will be issued if class is canceled for unforeseen reasons.

Stretch & Walk in the Village meets on Fridays at 10:00 a.m. at the Conrad Community Center.

Stability Ball meets Tuesday and Thursday at 9:30 a.m.

Port Huron Fitness Programs

Check the center's Facebook page (porthuronseniorcenter) or call 810-984-5061 for information on fitness schedules for October. New classes are being offered.

WLC Fitness Programs

Check the center's Facebook page (washingtonlifecenter-councilonaging) or call 810-765-3523 for information on fitness schedules for October. New classes are being offered.

Yale Fitness Programs

Hand Therapy Exercises on Mondays and Wednesdays at 10:00 a.m. This 30-minute exercise class focuses completely on increasing the mobility and strength in your hands. The variety of exercises are geared toward reducing repetition with the use of therapy putty, hot/cold therapy ball, stress relief balls, finger resistance bands and squeeze rings. All equipment is available for use at the Yale Senior Center. Current session ends October 6. New session begins in November.

Arthritis Foundation Exercise Program and Walk with Ease on Tuesdays & Thursdays at 9:00 a.m. for intermediate and at 10:00 a.m. for beginners. Advance sessions on Monday and Wednesday at 9:00 a.m. The Arthritis Foundation Exercise Program is a recreational group exercise and education program designed specifically for anyone with arthritis or other musculoskeletal conditions. Participants range from persons with limited joint mobility to those who are relatively active with only mild joint involvement. The variety of exercises offered in the program is geared toward reducing pain and stiffness to help maintain or improve mobility. Current session ends October 7. New session begins in November.

The Walk with Ease Program has been proven to help people with arthritis or other related conditions. It's more than walking. This program is designed to reduce pain, yet increase balance, strength and walking pace. Both programs are with Arthritis Foundation Certified Instructors. It meets on Monday, Wednesday and Friday at 2:30 p.m. Current session ends October 7. New session begins in November.

Walking

Come walk with the WLC Striders at the Washington Life Center. Walk every Tuesday & Thursday at 8:30 a.m. for 3 to 5 miles each day. Men and women are welcome. Good program if you want to lose weight. Walk inside WLC no matter the weather. You can walk the halls at other times convenient for your schedule. The center closes at 4:30 p.m.





PUMPKIN SALE

October 15th

10 am to 3 pm

**At Yale Senior Center
3 First Street, Yale, MI
(810) 387-3720**



**Prices Vary:
Depending on Size of Pumpkin**

**Thank You for Supporting
the Yale Senior Center**



**Volunteers Needed:
October 14th at 10:00 am**



ELDERLY EMERGENCY REPAIR

**2021
FURNACE PROGRAM**

Cold weather season is upon us and with it comes the need to turn the furnace on in your home.

The City of Port Huron has a program available to income qualified, elderly homeowners (age 62 years or older) who's furnaces are needed to be replaced due to age or deterioration.

Contact the Community Development Department for information. Starting the process for a furnace grant prior to winter is key!

Community Development
100 McMorrان Boulevard
Port Huron, MI 48060
(810) 984-9736

Katy Posey: poseyk@porthuron.org
Joi Price: pricej@porthuron.org

Crafting w/ the WLC

Tim the Turkey

November 5th @ 2pm

Must sign up in advance

**Cost is \$10
per person**

Space is Limited



Type 2 Diabetes

From: MSU Extension Oakland County Michigan Senior Health Line
August 2021

Type 2 diabetes is a chronic disease where the body isn't efficient in converting carbohydrates from the body into energy that the body can use. This can cause glucose or sugar to build up in the bloodstream which in turn can lead to an increased risk of cardiovascular disease, vision problems, including blindness, kidney damage and nerve problems.

One out of three people with type 2 diabetes does not even know they have it, especially because there may not be any symptoms early in the disease. Early diagnosis is important however, to control blood sugar levels and reduce the detrimental effects of the disease.

One of the first signs of type 2 diabetes is often an increase in thirst. This is usually accompanied by the need to urinate more frequently. When there is too much glucose in the bloodstream, the kidneys must work hard to filter it into the urine. This requires more fluids and causes the increase in thirst that is associated with diabetes. This in turn leads to the need to urinate more often. Another early sign of type 2 diabetes is fatigue. High blood glucose interferes with the body's use of glucose as energy. Also, dehydration from frequent urination can also leave a person feeling tired.

Type 2 diabetes can also lead to weight loss or weight gain. Although you are eating a regular diet, with type 2 diabetes, you are not able to utilize the calories you are consuming. This can lead to weight loss. It can also cause an increase in hunger which can lead to an increased consumption of calories causing weight gain.

Diabetes can interfere with vision and damage the eyes. High levels of glucose in the blood causes fluid to be pulled out of the lens of the eye. This makes it difficult for the eyes to focus and therefore, there are vision problems. It also forces the body to form new blood vessels in the retina of the eye. These changes

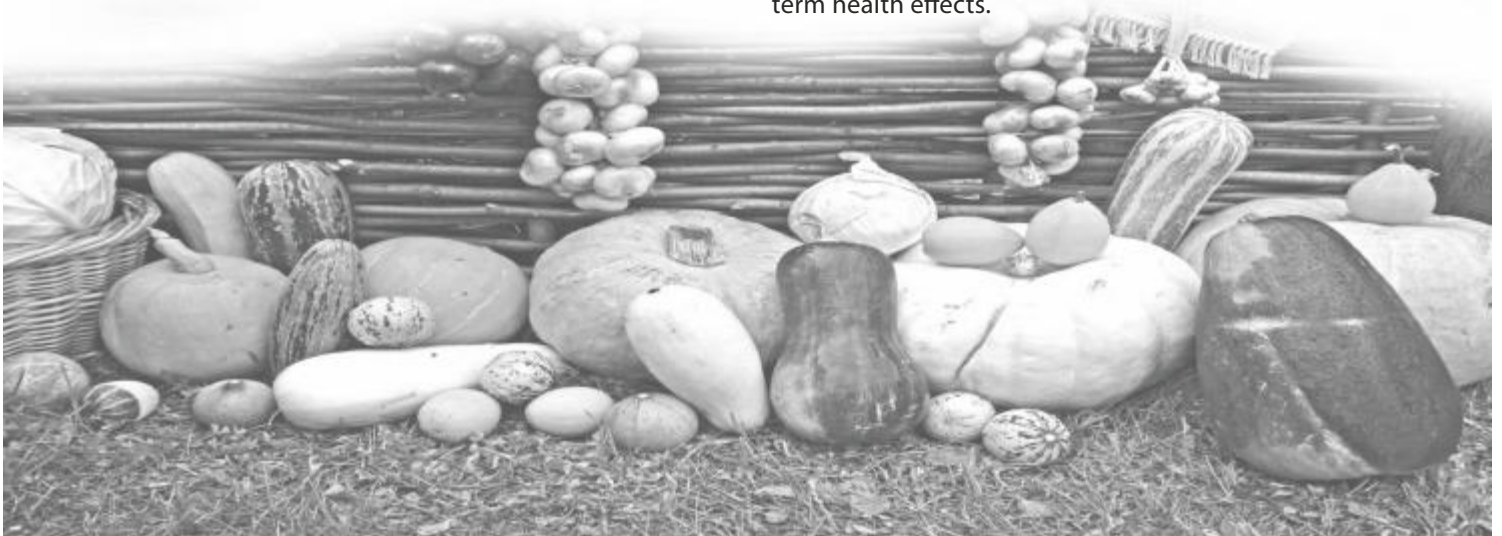
can progress to blindness if type 2 diabetes is not controlled.

Too much glucose in the blood can also damage nerves. It may begin with tingling in the hands and feet. This can turn into numbness and complete loss of feeling in these parts of the body. It can also cause burning pain in the arms, legs, hands and feet.

Another side effect of type 2 diabetes is the slow healing of sores and wounds, especially on the feet. This can be compounded by the fact that you may not even know the sore is there because of the nerve damage that may cause loss of feeling. Untreated, these wounds can become severe and may lead to amputation. A major reason for the slowed healing is a reduction in blood flow as a result of diabetes interfering with cardiovascular health.



Diabetes can also be very damaging to your teeth and gums. The higher your blood sugar is, the higher the risk of cavities, gum disease, thrush and dry mouth. With high blood sugar, there is a high supply of starches and sugars found in the mouth. These feed the bacteria that are naturally occurring in the mouth. This in turn leads to plaque, a sticky compound that forms on the surface of the teeth. The acid in plaque can damage the enamel and dentin of the teeth causing tooth decay. Diabetes reduces a person's ability to fight infection and keep the natural occurring bacteria in check. This can also lead to gum disease or gingivitis. It can also lead to an imbalance of good and bad bacteria which can cause a fungal infection known as thrush to develop. To prevent damage to your gums, teeth and mouth, blood glucose must be controlled. Practicing good oral hygiene and getting regular dental check ups is also necessary.

If you notice any of these signs of diabetes, contact your health care provider. It could be early signs of diabetes or it could be something else. The sooner diabetes is diagnosed, the sooner it can be brought under control and reduce the possibility of long term health effects.



Port Huron Senior Center

600 Grand River Avenue
Port Huron, MI 48060

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Please NOTE: No Activities will occur if the Senior Center is closed. Please see our Facebook page for information and activities.</p>   <p>@porthuronseniorcenter</p>					1 International Coffee Day	2
3	4	5 10:00 a.m. Mats that Matter	6 1:00 p.m. Parkinson's Support Group	7 10:00 a.m. Mats that Matter	8	9
10	11 Center Closed for the Holiday	12 1:00 p.m. Book Club	13 10:00 a.m. Therapy Dog Visit	14	15	16 Sweetest Day
17	18 Newsletter Day	19	20 9:30 a.m. Advisory Meeting 1:00 p.m. Craft Class	21 2:00 p.m. Veteran's Club Meeting	22	23
24	25	26	27	28	29 9:00 a.m. - 2:30 p.m. Senior Power Day at WLC	30
31						

Port Huron Senior Center Daily Schedule

MONDAY

- 9:30 Port Huron Art Club
- 11:00 Mah-jongg
- 11:45 Blood Pressure Checks (2nd Monday of month)
- 12:00 Duplicate Bridge (main activity room)

TUESDAY

- 9:00 Duplicate Bridge
- 10:00 Mixed Bridge
- 10:00 Mats that Matter
- 12:00 Knitting/Crocheting Group
- 1:00 Mini Bridge
- 1:00 Line Dance
- 1:00 Pinochle

WEDNESDAY

- 10:00 Hand Quilters
- 11:00 Mixed Bridge
- Tables available for card games

THURSDAY

- 9:00 Men's Cards
- 9:30 Quilting Friendzies
- 10:00 Mats that Matter
- 1:00 Euchre
- 1:00 Scrabble
- 1:00 Ask a Lawyer (2nd Thursday of month)
- 2:00 Veteran's Club (3rd Thursday of month)

FRIDAY

- 9:00 Men's Cards
- 12:00 Penny Bingo
- 1:00 Canasta

Conrad Community Center - Capac Daily Schedule

MONDAY

- 9:30 Rocking Your Health
- 11:00 Total Rebound
- 1:00 Canasta

TUESDAY

- 9:30 Stability Ball
- 10:00 Zumba Gold/Toning
- 1:00 3/13 Rummy

WEDNESDAY

- 8:30 Trip to Port Huron - Call 24 hours in advance
- 9:30 Rocking Your Health
- 10:00 Total Rebound

THURSDAY

- 9:30 Stability Ball
- 10:00 Bowling League
- 10:00 Zumba Gold/Toning
- 1:00 Knit or Crochet

FRIDAY

- 9:30 Rocking Your Health
- 10:00 Stretch & Walk or Rock
- 1:00 Pinochle

Yale Senior Center Daily Schedule

WiFi access open Daily 8:30 a.m. - 4:30 p.m.

MONDAY

- 9:00 Arthritis Foundation Exercise Program - Advance
- 10:00 Hand Therapy Exercises
- 12:30 Dominoes
- 2:30 Walk with Ease

TUESDAY

- 9:00 Arthritis Foundation Exercise Program - Intermediate
- 10:00 Arthritis Foundation Exercise Program - Beginner
- 12:30 Euchre

WEDNESDAY

- 9:00 Arthritis Foundation Exercise Program - Advance
- 10:00 Hand Therapy Exercises
- 12:30 Card Clubs
- 2:30 Walk with Ease

THURSDAY

- 9:00 Arthritis Foundation Exercise Program - Intermediate
- 10:00 Arthritis Foundation Exercise Program - Beginner
- 12:30 Euchre

FRIDAY

- 12:30 Penny Bingo
- 2:30 Walk with Ease

Conrad Community Center - Capac

585 N. Main Street
Capac, MI 48014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				10:00 a.m. Fall Bowling begins at Holly Meadows every Thursday	1:00 p.m. Anyone Can Paint Class - sign-up	1 2
3 Fire Prevention Week	4 10:00 a.m. Jazz, Therapy Dog Visit 1:00 p.m. Paper Crafts	5 2:00 p.m. Bunco \$2 to play	6 1:30 p.m. Sew Fun!	7 Throwback Thursday Craft - RSVP 2:00 p.m. Fall Corn Husk Wreath	8 Fire Safety	9
10	11 Center Closed for Holiday	12 10:00 a.m. Jazz, Therapy Dog Visit 2:00 p.m. Penny Bingo (Bring Pennies)	13 1:30 p.m. Sew Fun!	14	15	16
17	18 1:00 p.m. Paper Crafts/Volunteer to make cards for Veterans	19 2:00 p.m. Bunco \$2 to play	20 10:00 a.m. Jazz, Therapy Dog Visit 1:30 p.m. Sew Fun!	21 Throwback Thursday Craft - RSVP 2:00 p.m. Firewood Carrier	22	23
24	25	26 2:00 p.m. Penny Bingo (Bring Pennies)	27 1:30 p.m. Sew Fun!	28 9:00 a.m. Jazz, Therapy Dog Visit 12:00 noon Halloween Party 1:00 p.m. Boo Bunco \$2 to play	29 Senior Power Day at WLC	30
31						

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Yale Senior Center

3 First Street
Yale, MI 48097

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 10:00 a.m. Hand Therapy	5 10:00 a.m. Arthritis Foundation Exercise	6 10:00 a.m. Hand Therapy	7 10:00 a.m. Arthritis Foundation Exercise	8	9
10	11 Center Closed for Holiday	12	13 12:30 p.m. Perler Bead Crafts - Keychains	14 10:00 a.m. Pumpkin Picking	15 10:00 a.m. - 3:00 p.m. Pick of the Patch Pumpkin Sale	16
17	18 9:30 a.m. Trip to Sandusky Walmart & Mennonite Store	19	20 12:30 p.m. Perler Bead Crafts - Keychains 12:30 p.m. Virgs Card	21	22 2:00 p.m. October Birthdays	23
24	25 9:30 a.m. Trip to Romeo Terror on Tillson Street Lunch & Shopping	26	27 Halloween Party 11:00 a.m. Spider Races 12:00 noon Lunch 12:30 p.m. Penny Bingo	28	29 No Bingo Senior Power Day at WLC	30
31						

403 N. Mary Street
Marine City, MI 48039

Washington Life Center

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					World Smile Day 1	2
3 Mouseketeers Week	4 Kanelbullens Dag	5 Fall Prevention Workshop	6	7	8 Bluewater Bridge Day	9 National Popcorn Day
10	11 Center Closed for Holiday	12	13 Happy Birthday US Navy	14 9:00 a.m. Veteran's Meeting	15 Bosses Day	16 Scarecrow Day
17	18 Happy Birthday Alaska	19	20 Monster Mash-a-thon	21	22	23
24	25 International Magic Week	26 Hospice 101	27	28	29 Senior Power Day at the WLC	30
31						

Senior Nutrition Congregate-Meal Sites

Washington Life Center

Daily Schedule (Lunch Monday through Friday at 11:30 a.m.)

All Activities are To Be Determined at this time.

Activity	Time	M	TU	W	TH	F
50/50 Raffle	TBD					
Art Group	1:00-3:00 pm			X		X
Billiards	9:00am - 3:00pm	X	X	X	X	X
Bingo	1:30-3:30 pm				X	
Bridge	9:30am - 3:30pm			X		
Circle of Friends	TBD					
Clogging	2:30-3:30 pm				X	
Craft Group AM	10:00am-Noon					X
Craft Group PM	1:00-3:00 pm	X				
DrumFit	TBD					
Enhanced Fitness	9:00am-10:00am	X	X		X	X
Fitness Room	9:00am-3:00pm	X	X	X	X	X
Hand & Foot Cards	12:30pm-2:30 pm	X				X
Line Dancing	TBD					
Lunch	TBD					
Mah-jongg	Noon-4:00 pm		X			
Pepper Cards	Noon-4:00 pm				X	
Pickleball Advanced	TBD					
Pickleball Advanced PM	TBD					
Pickleball Beg/Int. AM	TBD					
Pickleball Beg/Int. PM	TBD					
Ping Pong	9:00am-3:00pm	X	X	X	X	X
Pottery	9:00am-3:30pm		X		X	
Puzzles	TBD					
Quilting (1) - Day	9:00am-2:00 pm			X		
Quilting (2) - Day	9:00am - 2:00 pm		X			
Tai Chi	10:00-11:00 am			X		
Tai Chi	TBD					
Tap Dancing	TBD					
Volleyball	TBD					
Walking	9:00am - 3:00 pm	X	X	X	X	X
Yoga PM	TBD					
Zumba	TBD					

Conrad Community Center - Capac

585 N. Main

Capac

Lunch served at 12:30 p.m.

Life Skills Memory Care Adult Day Service

3031 Commerce Drive. Suite B

Fort Gratiot

Lunch served at 11:45 a.m.

Reinvestment Center (RIC)

3013 24th Street

Port Huron

Lunch served at 11:30 a.m.

Palmer Park Recreation Center

2829 Armour Street

Port Huron

Lunch served at 11:30 a.m.

Pine Shores Golf Course

515 Fred Moore Highway

St. Clair

Lunch served at 12:00 noon.

Starpath Adult Day Service

600 Grand River Avenue

Port Huron

Lunch served at 11:30 a.m.

Washington Life Center

403 N. Mary Street

Marine City

Lunch served at 11:30 a.m.

Yale Senior Center

3 First Street

Yale

Lunch served at 12:00 noon.

Reservations are required 24 hours in advance at any of the meal sites to insure enough servings.

Senior Nutrition Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Cranberry Glazed Turkey Peas Feather River Potatoes Mixed Fruit Wheat Roll 1% White Milk	
3	4	5	6	7	8	9
All Menus are Subject to Change	Swedish Meatballs & Noodles Maui Blend Vegetables Coleslaw Pineapple Wheat Bread 1% White Milk	Fish Almandine Scandinavian Blend Mashed Potatoes Fresh Plum Wheat Bread 1% White Milk	Turkey Tetrizzini Zucchini & Squash Stewed Tomatoes Mixed Fruit Wheat Bread 1% White Milk	Sweet & Sour Pork Rice Asian Blend Vegetables Cinnamon Pears Wheat Bread 1% White Milk	Chicken Breast w/ Gravy Red Skin Potatoes Carrots Peaches Wheat Roll 1% White Milk	
10	11	12	13	14	15	16
	No HDM or Congregate Meals - Closed for the Holiday	Scrambled Eggs Sausage Patty 100% Vegetable Juice Hashbrown Casserole Peach Cobbler Muffin 1% White Milk	<i>Taste of Germany</i> German Chicken German Potato Salad Sweet & Sour Slaw Hot Apple Slices Wheat Roll 1% White Milk	Bourbon Pork Chop Green Beans Sweet Potatoes Pineapple Wheat Bread 1% White Milk	Spaghetti & Meatballs Peas Mixed Vegetables Orange Wheat Bread 1% White Milk	
17	18	19	20	21	22	23
	Sweet Potato Crusted Pollock Oven Roasted Red Skin Potatoes Carrots Fresh Plum Wheat Bread 1% White Milk	Macaroni & Cheese California Blend Stewed Tomatoes Tropical Fruit Salad Wheat Bread 1% White Milk	Tahitian Chicken Rice Key West Vegetables Tossed Salad Pineapple Wheat Roll 1% White Milk	Swiss Steak Corn Feather River Potatoes Banana Wheat Bread 1% White Milk	Cheese Manicotti Italian Flat Beans Cauliflower Applesauce Wheat Roll 1% White Milk	
24	25	26	27	28	29	30
31	Chicken Tomato Bake Green Beans Corn Tropical Fruit Salad Wheat Bread 1% White Milk	Fish Sandwich Peas Sweet Potato Puffs Pineapple Wheat Bun 1% White Milk	BBQ Pork Sandwich Feather River Potatoes Broccoli Cinnamon Apples 1% White Milk	Happy Early Halloween All Beef Hot Dog Stewed Tomatoes Mashed Potatoes Pumpkin Pie 1% White Milk	Pizza Casserole Carrots w/ Parsley Tossed Salad Cinnamon Peaches Wheat Bread 1% White Milk	

Starpath Adult Day Service

600 Grand River Avenue
Port Huron, MI 48060

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Day of Older Persons	2
3	4 Golf Lover's Day	5 Teacher's Day	6 Mad Hatter Day	7 Inner Beauty Day	8 Egg Day	9
10	11 Center Closed for Holiday	12 Columbus Day	13 Emergency Nurses Day	14 Dessert Day	15 Sweetest Day	16
17	18 Boss's Day	19 Alaska Day	20 Hunter's Moon	21 Cupcake Day	22 Crosswords Puzzle Day	23
24	25 United Nations Day	26 Pumpkin Day	27 Navy Day	28 Movie & Popcorn	29 Halloween Party	30
31						

The following are local satellite centers at which seniors meet throughout the county for social and educational activities. Feel free to stop in and participate. Please Note: These dates and times may be canceled due to Covid-19 restrictions.

Allenton/Berlin Township

Meets on the fourth Tuesday of the month at the Berlin Twp. Hall at 12:00 p.m. for a potluck lunch (bring a dish to pass and place setting), announcements and calendar update.

China Township

Meets in the Township Hall the 2nd Wednesday of the month, October 13 at 12:00 noon for a brief business meeting, potluck, bingo and blood pressure checks. New members are always welcome. **Meetings will NOT happen if centers are closed.**

Harsens Island

Meets every Monday at 11:30 a.m. at the Lions Club for socialization, bingo and 50/50 raffle. Birthdays are celebrated on the first Monday of the month Monday, October 4. Business meeting will be on the 2nd Monday of the month. New members are always welcome. **Meetings will NOT happen if centers are closed.**

Palmer Park

Meets at the Recreation Center October 7 at 11:30 a.m. for special announcements and a calendar update before the Senior Nutrition meal. Will not meet until Congregate meals resume.

Reinvestment Center

Meets at the Reinvestment Center at 3013 24th Street on October 20 at 11:30 a.m. for announcements, and calendar update. Will not meet until Congregate meals resume.

St. Clair Nutrition Site

Meets at Pine Shores Golf Course on October 21 at 11:30 a.m. before the Senior Nutrition meal for announcements and a calendar update. Will not meet until Congregate meals resume.

St. Clair Seniors

Meets every Thursday at 12:30 p.m. in the Community Center for cards, games and socializing. All are welcome.

St. Clair Township

Meets the third Tuesday of the month. Blood Pressures taken from 11:30 a.m. - 12:00 noon. Followed by regular meeting, euchre, and social. **Will not meet again until 2022.**

Wadhams

Will not meet until further notice.



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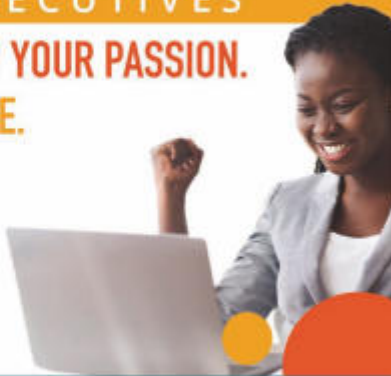
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CoA Membership Application/Renewal Form

INSTRUCTIONS: Please complete Section I, Section II, sign and date the Waiver of Responsibility/Consent for Release of Information and also indicate which Center/Satellite you attend. The membership fee per year for an individual is \$10 and \$15 for a couple. If mailing, please enclose a completed membership form and a check made payable to the CoA. If you would like a receipt mailed to you, enclose a self-addressed stamped envelope. If you are a **new member**, your membership card(s) will be mailed to the address you provide below.

Please circle which Center you attend and mail your completed form and payment to that Center.

Port Huron Senior Center
600 Grand River Avenue
Port Huron, MI 48060

Washington Life Center
403 N. Mary Street
Marine City, MI 48039

Yale Senior Center
3 First Street
Yale, MI 48097

Conrad Community Center - Capac
585 N. Main Street
Capac, MI 48014

SECTION I: Please print

Last Name: _____ First Name: _____ Birthdate: ____/____/____
 Last Name: _____ First Name: _____ Birthdate: ____/____/____
 Address: _____ Apt. # _____
 City: _____ Township: _____ State: _____ Zip Code: _____
 Phone Number: (____) _____ Cell Phone Number: (____) _____
 Do you wish to receive your newsletter via email only? YES NO
 Email Address: (Please print) _____

SECTION II:

Emergency Contact: _____ Phone Number: _____ Relationship: _____
 Emergency Contact: _____ Phone Number: _____ Relationship: _____

Waiver of Responsibility/Consent For Release of Information

The undersigned hereby agrees to hold harmless and indemnify the Council on Aging, Inc., serving St. Clair County its agents and the Senior Center for any and all injuries that might occur in the preparation and performance of any volunteer services, activities and/or programs. I understand that services, activities and/or programs may take place at the homes of senior citizens, at the senior center, at satellite centers, or other arranged venues. The undersigned understands that in certain situations a medical release from the physician may be required regarding their ability to participate in a program/activity before participation is allowed.

The undersigned hereby gives consent for the use of their name, comments, photograph, and/or video image for the promotion of the Council on Aging's programs and services through displays, newspaper articles, brochures, videotapes and computer media. The use of their appearance by the Council on Aging, Inc., serving St. Clair County will not violate the rights to any person or organization and will not incur any liability for payment to any person or organization.

Signature	Date	Membership Number
Signature	Date	Membership Number

Center or Satellite you attend: _____

FOR OFFICE USE ONLY: <i>Membership Number:</i>	<i>Expiration Date:</i>	<i>Date Processed:</i>
<i>Membership Number:</i>	<i>Expiration Date:</i>	<i>Date Processed:</i>
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Main..... **1-800-297-0099**
..... (810) 987-8811
Senior Nutrition Program (810) 982-4400
Starpath Adult Day Service (810) 984-8970
Foster Grandparent Program..... (810) 987-8813

Port Huron

Port Huron Area Senior Center

Information & Referral..... (810) 984-5061
Transportation (810) 984-4200
Home Repair, Homemaker/PC, Chore (810) 984-5060
Travel Service (810) 984-5063

Downriver

Washington Life Center

1-800-779-4488

Information & Referral (810) 765-3523
Transportation (810) 765-8570
Home Repair, Homemaker/PC, Chore (810) 765-9263
Travel Service (810) 765-4254
Senior Nutrition Kitchen (810) 765-4724

Yale

Yale Area Senior Center

1-800-717-4422

Information & Referral (810) 387-3720
Transportation 1-844-289-7784 or (810) 984-4200

Capac

Conrad Community Center - Capac

1-800-361-8877

Information & Referral (810) 395-7889
Transportation..... 1-844-289-7784 or (810) 984-4200

For EMERGENCIES ONLY outside of office hours, call the Port Huron Senior Center's line, 984-5061, or call toll free 1-800-297-0099.