



OTSEGO COUNTY COMMISSION ON AGING

120 Grandview Blvd. ✦ Gaylord, Michigan 49735 ✦ Fax: 989.731.2739 ✦ occoa@occoaonline.org
989.732.1122 ✦ www.OtsegoCountyCOA.org

Presents...

Successful Aging Series ~ 2017/2018

Second Thursday of Every Month • 10:00 to 11:00am
Gaylord Meal Site • Chit Chat Room • 120 Grandview Blvd.

Facilitator: Michelle Miller,
Advocacy / MMAP Counselor • OCCOA / KMG Service Coordinator

OCTOBER 12, 2017

“CREATIVE PUMPKIN PAINTING”

Guest Presenter: Wanda Cherwinski

NOVEMBER 9, 2017

“SPIRITUALITY AND SELF CARE”

Guest Presenter: Joann Fury

DECEMBER 14, 2017

**“RUDOLPH THE RED NOSE REINDEER”
And a Christmas Craft**

Guest Presenter: Michelle Miller

JANUARY 11, 2018

“NEW YEAR! NEW YOU! CHAIR EXERCISES”

Guest Presenter: Teresa Powers

FEBRUARY 8, 2018

“FUEL YOUR BODY ~ HEALTHY EATING”

Guest Presenter: Kelli Harwood • *Saks Wellness Center*

MARCH 8, 2018

“COOKING WITH COMMODITIES”

Guest Presenter: Michelle Miller

APRIL 12, 2018

“SPRING FORWARD”

Planning For Your Future

Guest Presenter: Joe Messenger
Gaylord Community Funeral Home

MAY 10, 2018

“YOU ARE THE ONLY YOU!”

Protecting Your Identity

Guest Presenter: Judy McKinley, Senior Branch Mgr
Northland Area Federal Credit Union

JUNE 14, 2018

“WATCH OUR COMMUNITY BLOSSOM!”

Community Gardening Project

Guest Presenters: Jim Driver and Bill Michaels
Otsego County Sportsplex

NOTE: Nursery donation for flowers and tools to plan and present how to plant.

JULY 12, 2018

“MUSIC TO WARM THE SOUL!”

Guest Presenter: Local Musician

AUGUST 9, 2018

“MAKE THE BIRD SING!”

Homemade Birdfeeders

Guest Presenter: Michelle Miller

SEPTEMBER 13, 2018

“M IS FOR MEDICARE”

Guest Presenter: John Panci, Coordinator
Medicare Medicaid Assistance Program Site

Successful Aging Series Includes
Free Program and Refreshments

Please Make Reservations By Calling
OCCOA Advocacy Department at 989.732.9977

Sponsored by OCCOA and Alpine Alten Zimmer