



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 ~ 2018/2019

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*

OCTOBER 11, 2018

“CREATIVE PUMPKIN PAINTING”

Presenter: Wanda Cherwinski, *OCCOA*

NOVEMBER 9, 2018

“RELAX AND RENEW”

Auromatherapy and Hand Massages

Presenter: Shauna, *Intellicare*

DECEMBER 13, 2018

“NEW YEAR! NEW YOU!” Chair Exercise

Presenter: Teresa Powers, Certified Instructor

JANUARY 10, 2019

“SPIRITUALITY AND SELF-CARE”

Presenter:

FEBRUARY 14, 2019

“FUEL YOUR BODY ~ HEALTHY EATING”

Presenter: Julie Scheier

Munson Healthcare Otsego Memorial Hospital

MARCH 14, 2019

“COOKING WITH COMMODITIES”

Presenter: Michelle Miller, *OCCOA Advocacy Department*

APRIL 11, 2019

“SPRING FORWARD” Planning Your Future

Presenter: Joe Messenger

Gaylord Community Funeral Home

MAY 9, 2019

“SNIPS AND SNAPS”

Tips and Tricks for a Healthy Garden

Presenter: Karen Blewette

Master Gardeners

JUNE 13, 2019

“EYE CAN SEE YOU!” Eye Health

Presenter: Dr. Anna Kleinebreil

New Vision Family EyeCare

JULY 11, 2019

“BEAT THE HEAT”

Ways to Stay Cool in the Summer

Presenter

Affiliation

AUGUST 8, 2019

“STAY SAFE”

**Steering Clear of Common Obstacles
of Independent Living**

Presenter: Physical Therapy Department

Munson Healthcare Otsego Memorial Hospital

SEPTEMBER 12, 2019

“M IS FOR MEDICARE”

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