



Commission on Aging

NEWS

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"Informing, Educating, & Caring"

January 2015

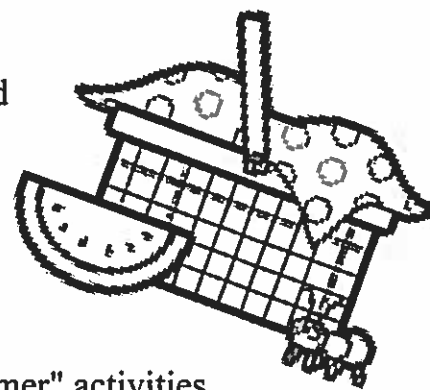


Excavation is underway at the Houghton Lake Center to make room for the new 5400 sq ft expansion which will include new COA offices as well as a new dining room and kitchen. The current dining room will be used as a multi-purpose room. The project is slated to be finished late spring / early summer.

Please join the
Roscommon County
Commission on Aging
for a
Winter Picnic!
Thursday, January 15th at
noon at all 3 Centers.

Menu

- BBQ Ribs
- German Potato Salad
- Corn
- Dinner Roll
- Watermelon



Fun-filled "Summer" activities at each center. Ask your Center Manager for more information!

Center Closure Policy

With winter months here, the need to close our centers may arise. Our policy has always been that if the Houghton Lake Public Schools are closed due to the weather, the Houghton Lake Center is closed. If the Roscommon Area Public Schools are closed due to the weather, the Roscommon & St. Helen Centers are closed. Please stay safe if you choose to travel.



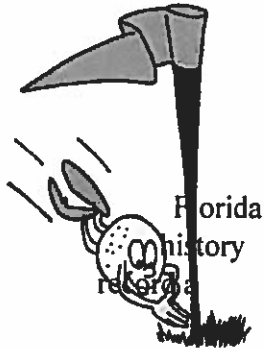
The Roscommon County Commission on Aging, Inc., will hold its regularly scheduled Board of Director's Meeting on
Wednesday, January 21, 2015, at 1:30 p.m.
at the
Houghton Lake Center
2625 S Townline Rd
Houghton Lake, MI 48629
Everyone is welcome to attend.

103-year-old Sarasota man might be oldest to record hole-in-one!

December 21, 2014

ASSOCIATED PRESS

SARASOTA -- A 103-year-old golfer may have made as the oldest person to hole-in-one.



The PGA of America announced on its website that Gus Andreone of Sarasota scored the ace Wednesday at Palm Aire Country Club. The group said it is likely that Andreone is the oldest golfer to score a hole-in-one, beating the previous record of a 102-year-old woman in 2007.

Andreone told Tampa Bay television station Fox 13 News that the ace marks his eighth since 1939. He said he used a driver on the 113-yard 14th hole of the Lakes Course, like he normally does, but then noticed something different. The ball hit the ground about 30 yards from the green and then rolled into the hole, he said.

His golf partners jumped up and down, but Andreone kept his cool.

"I can't say that I felt any different about one or the other," he said of his most recent ace. "I just felt another hole in one."

One of Andreone's playing partners, Wayne Webster, said the 103-year-old is still at the top of his game. "At 103, the guy has a great game, hits all his drives down the middle," he said.

Andreone, who plays three times a week, pocketed \$80 for the feat, and says he looks forward to doing it again.

"As long as I can swing a club, even if I have to play three or four holes, I'm going to play golf," he said.

ATTENTION VETERANS!

In recent weeks I've learned of a new law enacted in August—Veterans Access, Choice and Accountability of 2014 (VACAA). The purpose of this law is to better serve the needs for Veterans health care. It provides funding and other tools to assist veterans. Much of this stems from the debacles in the VA system that have been detailed in the media. Thankfully, and hopefully, this bill will improve access to vets living in rural areas having to travel great distances to receive care.

In an attempt to fix this problem, Vets will be issued a "Choice Card" that they can elect to use. This card enables them to receive health care outside of the VA IF they qualify. To qualify, they must live 40+ miles from a VA care facility or when wait times exceed 30 days to receive services. In addition, to access this benefit, they must plan to use a provider that is contracted with the VA for this program. **The phone number to request services through the Choice Program is (866) 606-8198.** This is the call center contracted to provide information and assistance to vets.

Each veteran will receive a Choice Card and a letter explaining the program. The Choice Card will be issued in three phases. The *first group* of Choice Cards along with a letter explaining eligibility for this program is going to Veterans who may live more than 40 miles from a VA facility. The *next group* of Choice Cards and letters will be sent shortly thereafter to those Veterans who are currently waiting for an appointment longer than 30-days from their preferred date or the date determined to be medically necessary by their physician. The *final group* of Choice Cards and letters will be sent between December 2014 and January 2015 to the remainder of all Veterans enrolled for VA health care who may be eligible for the Choice Program in the future.

For more information on this valuable program, go to <http://va.gov/opa/choiceact/>. There are three tabs with more information-1. About the Program 2. How to Get Started 3. Fact Sheet and Details.

Laurie L. Sauer, Director

Region 9 Area Agency on Aging

Are You A Veteran?

Tom Sheppard from the Veteran's Affairs office is at the American Legion in Prudenville every Tuesday from 4 - 6 p.m. to answer questions about services.

He is also available at the American Legion in St. Helen on the 1st, 2nd, and 4th Wednesdays of the month between 5 & 7 p.m.



Mr. P's Adventures

These are exciting days at the COA office—first of all there's the purchase of a new van. Tom hasn't taken Mr. P for a ride yet but he sure is looking forward to the day when he gets to go on a trip in it. Then there's that big expansion project that Tom and the Board of Directors are working on. Mr. P wants to be ready for all the construction so he is looking for his drill and his hard hat. That way he'll be ready to help when the time comes. Once you find them, let your center manager know. She will enter you in a drawing for a Walmart gift card. The drawing will take place at each center at lunch time on Friday, January 16th. Deadline to enter the drawing is Thursday, January 15th, 3:00 p.m. You don't have to be present to win—just make sure the center manager has your phone number so she can call you. "Meals-on-Wheels" people can participate too. Just call the center manager. If you happen to be the lucky winner, your meal driver will deliver the gift card. In the meantime while all the plans are being made and put into place, Mr. P is trying to keep himself busy. He was seen the other day browsing at all the hand carved items at the Houghton Lake Center behind Gale's desk. He was looking for a gift for someone special, you know. He's looking forward to the New Year and all the new adventures it will hold. He hopes and prays your New Year will be full of hidden treasures, too.

Mr. P wishes everyone a blessed and prosperous New Year.



AND THE WINNER IS.....

The winners of the \$10 Walmart gift cards from each center are:

Houghton Lake	Sharon Serviss
Roscommon	Dennis Warner
St. Helen	Mickey Shivley

Congratulations Sharon, Dennis, and Mickey for winning the drawing of finding Mr. P's top hat and bow tie. Be sure to read about Mr. P's latest escapades in this month's newsletter. You never know where Mr. P will show up next or what he will be looking for.

From the Director...

First of all, I would like to wish everyone a very happy and healthy New Year.

I recently received an anonymous note from an individual stating they did not care for the long, rectangular tables at the Houghton Lake Center.

Thank you for your concern; I always welcome constructive criticism and urge anyone with a concern to contact the office by any means to voice the concern.

For the record, I, too, prefer the round tables and think they look better and are more inviting than the long, institutional tables. And we definitely want to see more people come to the centers for socialization not just a meal. The only reason that we have had to "go back" to using them is because of the number of people that continue to eat at the center on a weekly basis. While using the round tables, it had gotten to the point where we were running out of seating on a regular basis. As a "service" agency it is important that we have the space available to welcome additional people readily.

As you may be aware, our board of directors has recently approved an expansion project for the COA office and the Houghton Lake Center. Part of the project includes a new dining area designed to allow space for a "restaurant-style" feel. It has always been my intent to use a variety of tables in our new dining room to accommodate everyone while still providing a relaxed atmosphere conducive to socialization.

With growth often times comes growing pains. Please be patient with us as we grow to meet the needs of our seniors throughout the county.

Thanks,


Thomas Pettit

If you have a concern you would like addressed, you can mail it to the COA office.



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Traverse City • 4000 Eastern Sky Drive • 1-800-286-1378

(off Silver Lake Rd. & Copper Ridge)

Cadillac • 1027 N. Mitchell St. • 1-800-286-1378

Alzheimer's Support Group

Roscommon County has an Alzheimer's Support Group at the Houghton Lake Senior Center on the second Wednesday of every month. The group will meet from 1:00 - 2:00 p.m and is cosponsored by the Alzheimer's Association and Mercy Home Care and Hospice. Everyone is welcome to attend these groups. Call Diane O'Connor at (989) 356-4087 or Jessica Loney at (989) 348-4383 for more information.

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We Have Resources!

Did you know that the Roscommon County Commission on Aging has a Health Resource Library? We have a variety of resources from devotional books for caregivers to informational books on Alzheimer's disease and various caregiver topics. The Health Resource Library is located at the Commission on Aging office in the Houghton Lake Center. If you are interested in finding out more information, contact Betty at 989.366.0205 or stop by to see our selection.

The Commission on Aging also has health resource computers available within each of our three centers that can be used to research topics online. Our staff will be happy to assist you with finding useful information.

Donations of resources that would be helpful for other caregivers are always accepted.



KING

NURSING & REHABILITATION

2280 Tower Hill Rd.

Houghton Lake, MI 48629

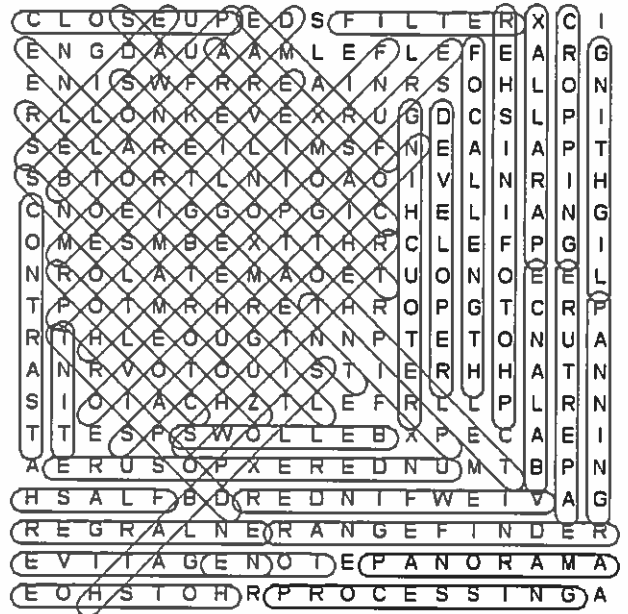
(989)422-5153

Answer to this Month's Word

DR. LOUIS E. BOGGS



DR. LOUIS E. BOGGS
 888 W. Houghton Lake Drive
 Prudenville, MI 48651
 (989) 366-7525



The hidden sentence is:
 SINGLE LENS REFLEX CAMERA



Rest Your Mind

I know you have been laying awake at night wondering why baby diapers have brand names such as "Luvs", "Huggies," and "Pampers", while undergarments for old people are called "Depends".

Well here is the low down on the whole thing.

When babies crap in their pants, people are still gonna Luv'em, Hug'em and Pamper' em. When old people crap in their pants, it "Depends" on who's in the will!

Glad I got that straightened out so you can rest your mind.

Our Mission:

The purpose of the Roscommon County Commission on Aging is to promote the welfare, independence, safety and health of our senior citizens through various programs.



**Hospice
 of helping hands**
 John Tolfree health system



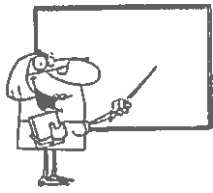
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Nutrition Education

Region 9
Area Agency on Aging
"Health, Wellness, Nutrition
Information
And Updates"
Kelly Robinette, DTR

"Sneezing"

Have you ever wondered why people say "God Bless You" after a sneeze? The custom dates back to ancient times when people thought that a sneeze allowed the soul to escape. By quickly shouting "God Bless You," the onlooker could persuade the soul to return and prevent evil spirits from rushing into the body.

Today, we know a sneeze is actually a protective mechanism. It's the body's way of quickly expelling dust, pollen, or some other irritant that could harm the lungs. The nose acts as the front door to the respiratory system. A network of nerves lines the mucous membrane, making the nostrils sensitive to foreign objects or irritants. When an irritant is present, the nerves send an instant signal to the respiratory center in the brain. This signals the breathing muscles to inhale. This causes the muscles to close the airways to close and the air pressure in the lungs to rise. When the pressure reaches a certain point, the airways open with an explosive release that carries everything in its way up and out of the airways and nose.

Causes of sneezing

- **Adenoid enlargement.** Adenoids, fleshy clumps of lymph tissue found just behind the nose and above the soft palate of the roof of the mouth, help protect the body from bacteria, viruses, or other harmful organisms. Sometimes they become enlarged and obstruct breathing. Frequent sneezing, nasal speech, and difficulty breathing through the nose are the most common symptoms.
- **Asthma.** During an asthma attack, the tiny muscles that control the airways constrict or tighten. This is called bronchospasm and it restricts the flow of air to and from the lungs. Fits of sneezing and coughing often herald the onset of an attack and serve as a warning to take medication to reverse the bronchospasm.
- **Foreign objects in the nose.** Young children often stuff foreign objects like beads, peas, wads of tissue or paper and even stones in their noses. Frequent sneezing unaccompanied by other symptoms of a cold should prompt an inspection of the child's nose to ensure it is free of such objects.
- **Hay fever,** a seasonal allergy that affects mostly the nose and eyes, is marked by violent sneezing. The sneezing is usually triggered by an allergic reaction to pollen. But animal dander, dust, feathers, perfume, and similar things can also trigger an allergic response. In addition to frequent sneezing, most people with hay fever also suffer from nasal congestion, itching, and tearing eyes. *Source: formulamedical.com*

Facts about sneezing

- Sneezing is scientifically known as 'sternutation.'
- While sleeping sneezing does not occur. Nerves responsible for sneezing relax while we sleep.
- "ACHOO" is actually a sneezing syndrome—Autosomal Dominant Compelling Helio-Ophthalmic Outburst.
- Multiple sneezes are often termed as "Snatiation." This usually happens after a big meal.
- Sneezing triggered by bright sunlight is known as "photics." This is a hereditary sensitivity reaction towards sunlight.
- Most often it is due to inhaling an irritant.
- When you sneeze, your heart stops for a millisecond.
- Sneezing can fracture a rib if it is blown too hard.
- It's not advisable to suppress a sneeze. Blood vessels inside the head and neck region can rupture due to the suppression.
- According to studies, only 60% use a tissue or handkerchief to cover their nose. The remaining 40% disburse their sneeze into the air. This is how illnesses are spread. Frequent sneezing, especially when accompanied with other symptoms, may also signal the onset of an illness.
- Every time we sneeze, the muscles in our chest contract and the muscles in our throat relax. This allows air, mucus, and even saliva to be flushed out through the mouth and nose.
- Sneezing always makes the eyes close.
- Plucking one's eyebrows initiates a sneeze. Rubbing the eyes or plucking pimples can also cause sneezing.
- Studies have found that air expelled during a sneeze may travel at an amazing 100 miles per hour and spew out up to 5,000 droplets, which may be propelled up to 12 feet in a single sneeze. An official record of 165 km/hour has been made by a sneezing person.
- Sneezing may sound funny but it actually takes a lot of body energy to expel it.

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...

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**MidMichigan
Community
Health Services**



Winners of the "Ugly Sweater Contest" at the Roscommon Center were L-R Joyce Wells, Robin Morris, and Dot Jury. Thank you to everyone for being fashion pioneers and participating... now put them deep in your closet and forget about them til next year. lol

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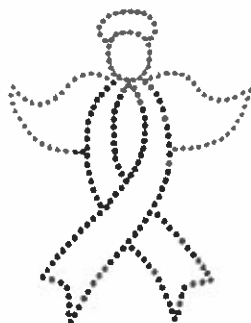
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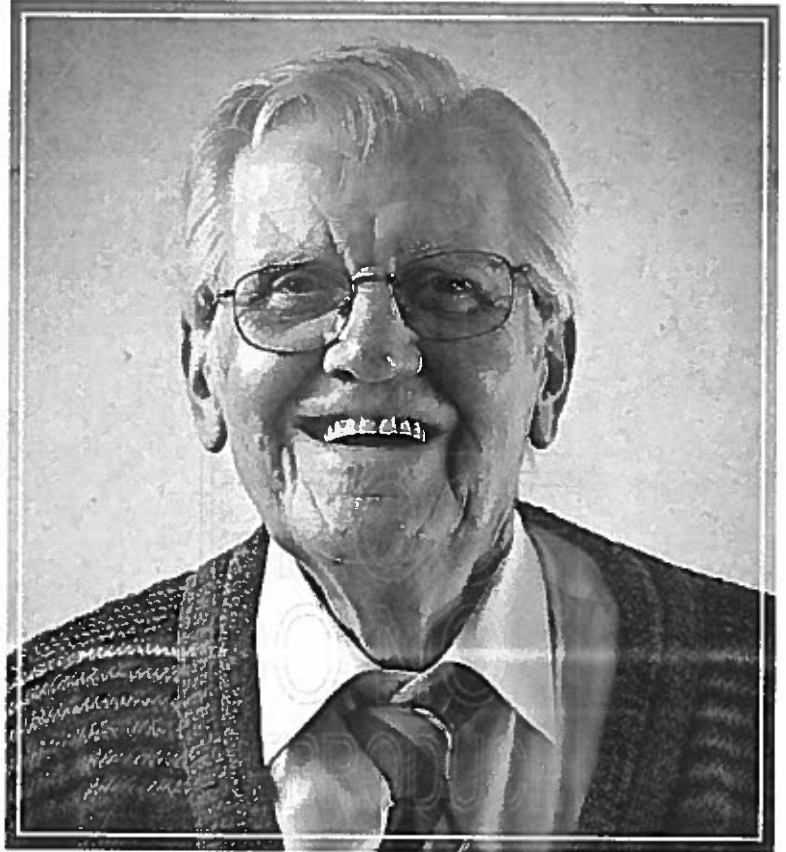
Women's Cancer Support Group

Group Meets the first Thursday of the month at Fred's of Roscommon at 3:30 p.m.
Judy Layton

Facilitator
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Director

Fred Walsh
Manager



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ROSCOMMON COUNTY
Community Foundation

Suzanne E. Luck

Executive Director, YAC Coordinator

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Phone / Fax: (989) 275-3112

E-mail: info@MyRCCF.org Website: www.MyRCCF.org



Markets Change. Are You Prepared?

When you stop and look back at what's happened in the markets, it's easy to realize how quickly things can change. That's why we should schedule some time to discuss how the market can impact your financial goals. We can also conduct a free portfolio review to help you decide if you should make changes to your investments and whether you're on track to reach your goals.

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Lori L. Middleton
Financial Advisor

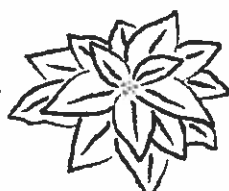
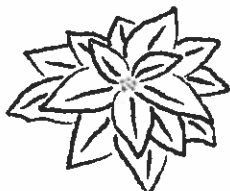
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Chore Hours:	100



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Prudenville

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St Helen

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County Wide
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Houghton Lake Center News

The Houghton Lake Center would like to wish everyone a fantastic "Happy and healthy New Year." As the year 2015 begins, we need to be thankful for all blessings last year bestowed upon us!

Do not let the snow and cold weather hinder your outings such as our exercise classes that we guarantee will warm you up. What about the Zumba Gold class every Monday at 10:30 a.m., or a fun hands-on activity? We also need your input on a different activity that anyone would enjoy!

To be a part of our Center, you do not have to be old or low income status. We do have a very interesting mix of people who would definitely make you feel welcome! Check out our menu for this month. Also, check out our activity calendar with events and activities that you may find exciting. We would like to greet and meet you!

New and different this month will be our trips to Belle Rosa Rehabilitation & Aquatics for two different "water walking or the combo class." It is \$5.00 per class plus a \$3.00 transportation fee in our new van. If the interest is there, we will extend to weekly classes. How about a trip to Soaring Eagle Casino & Resort in the new van? We only need 12 to fill! We have many requests for "Euchre," so how about on Wednesday at 1:00 p.m.? If interested, please call 989-366-9168 or sign up at the Center.

Thank you to all workers and volunteers for helping during the Holidays to make them very successful. We appreciated the support for activities such as the Ornament class or donations of the baked goods for the "Merrie Moolah Bake Sale." We greatly appreciate each and every one of you. A special Thank you to all Speakers that take their time to keep us informed.

What is real endures; it is as true of friendship as of other kinds of love.



**SERVING AMERICA'S HEARING NEEDS
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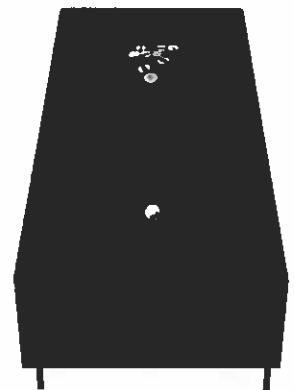
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**828 W. Houghton Lake Drive
(Corner of M-55 and M-18 across from Walgreens)
Prudenville**

Call (989) 838-0159

Gale Wekwert, Center Manager
Houghton Lake Center,
2625 S. Townline Rd.,
Houghton Lake, MI 48629

Help!!!



The pool league at the Houghton Lake Center are currently trying to raise money to resurface the two pool tables at the Center. Any donations would be much appreciated. Stop by Wednesday afternoons to play or help them out!

Roscommon Center News

Hi and welcome to 2015

Time at the senior center has just been flying. I am blessed to be able to be here and to have met some of the nicest people ever. Since January is **National Thank You Month**, what better time to thank everyone here who has helped me. I first need to apologize that I did not thank the gift shop, "The SandBar," for helping to put on the fashion show here in Roscommon back in November. Between The Sandbar, Deb, and the models, it was fantastic.

We also had a pumpkin pie contest after our newsletter went to publication. Another awesome time here. Gladys came in 1st, with Wanda 2nd and Audrey 3rd. We, the spectators, are loving the outcome of contests—having to eat some to see how it tastes. On Friday, January 21st we will be having our first **CHOCOLATE CHIP COOKIE CONTEST**. You don't want to miss out. It will start at 12:45 p.m.

We also had an ugly Christmas sweater contest in December. The winners were: first place—Joyce Wells, second place—Robin Morris, and third place—Dot Jury. A big thanks to everyone who participated and made the event a lot of fun!

We also had the pleasure here at the center to have the one and only Parker Seiler from Prudenville come and speak. If you not aware of who he is, Parker has made many a snow sculpture in Houghton Lake for many years. He told us he has done over 300 sculptures—in 17 states. If you get the chance to listen to him, it is well-worth your time.

Starting Friday, January 9th, 12:45 p.m. and every Friday thereafter, we will be learning a new board game—Joker. This is a lot of fun and played by many in the southern states during the winter. Max and Beulah Bradley are our board masters and guarantee a fun afternoon.

January, I hope, will bring us some snow, but not enough that we can't get out and about. Here's some January trivia for you:

- * *Did you know that apart from leap years, January always begins on the same day as October? I guess we will all have to check.*
- * *January is also National Soup Month.*
- * *It's the only month when the North Pole is on the average colder than the South Pole.*
- * *The month itself is named after the god—Janus—which is Latin for Door. Janus has 2 faces, this allowed him to look back and forward at the same time.*

So keep that in mind—don't forget the past, but move on, look forward to the blessings that will be coming your way in the future.

Like Snowflakes, Small Kindnesses Touch Our lives. First one and then another, until all the world is Bright and Shining with Goodwill.

You have added kindness to my world and I am so Thankful for all of you.

Johnna Ancel



St. Helen Center News



St. Helen Center and staff wish you all a Blessed New Year and want to invite you to check out our center for activities you would enjoy participating in. If you would like to see an activity added, please let us know. Also, please join us for a mid-day meal at 12:00 Noon, Monday through Friday. Donation for lunch is still \$2.50 for 60 and over and \$5.00 for all others.

The winners for our Pumpkin Pie Contest are Mary Butzin and Brandy Friday. Thank you both. We really appreciate your hard work.

On Thursday, December 11th Dottie Jury visited our Center. She delighted us by performing a clogging skit with her little friend. Thank you, Dottie!

Trisha Jones came by with her Congo Grey, Timmeth Grey, and Macau, on Monday, December 15th. She let everyone know that Sassy the Congo Grey has a very salty vocabulary just in case her language might offend anyone.

We will start a class to learn or refresh our skills for pinochle after the New Year, so watch for info.

January 21st at 11:30 a.m. Lori Roberts will be here to talk to us about Habitat for Humanity and opportunities available to help with this wonderful program. Please come by and listen to her presentation.

Also, don't forget to look for Mr. P. You never know where he, or something of his, might be. The winner for this month's drawing is Mickey Shivley. He received a \$10.00 WalMart gift card.

Our centers will be closed Thursday and Friday, January 1 and 2, 2015, so our employees may spend time with their families.

Varlya Hanusik, Center Manager, St. Helen Center, 10493 E. Airport Road, St. Helen, MI 48656 (989) 389-7551

DA ILY ACTIVITIES

- Mon: 10:00 a.m. Exercise, 12:30 p.m. Wii Bowling, 12:30-Pinochle, 6:30 p.m. Euchre
- Tues: 9:00 a.m. Zumba Gold, 10:00 a.m. Penny Bingo & Wii Bowling, 12:30 p.m. Regular Bingo
- Wed: 9:00 a.m. Yoga, 10:00 a.m. Exercise 11:00 a.m. Wii Bowling, 12:30 p.m. Pinochle
- Thurs: 9:00 a.m. Line Dancing, 10:00 a.m. Wii Bowling, 12:30 p.m. Euchre & Bunko
- Fri: 9:00 a.m. Zumba Gold, 10:00 a.m. Exercise, 12:30 p.m. Pinochle

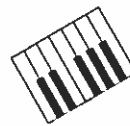
MONTHLY ACTIVITIES

- 14th 11:30 a.m. Hilltop B.P.C.
- 20th 8:00-11:00 a.m. Foot Care 11:20 a.m. Hospice Advantage B.P.C.
- 21st 9:00-10:00 a.m. Senior Commodities 11:30 a.m. Lori of Habitat Humanity
- 22nd 11:15 a.m. Senior Advisory Mtg. & January Birthday Celebration
- 26th 11:30 a.m. Intelicare B.P.C.
- Jan 1st Happy New Year! Center Closed
- 2nd Center Closed

Did You Know?

The Commission on Aging has a lending closet where you can borrow durable medical equipment for a short or long period of time.

We currently even have 3 rascals that could be loaned out. Please call Betty at 366-0205 for more information.



Save \$10.00
Have

Pastor Jack Metzler

Tune your piano
State of the art computer tuning
at your convenience.

Call:
989-387-5483 and mention this ad.

CENTER ACTIVITIES

HOUGHTON LAKE CENTER 366-9168

- 1st HAPPY NEW YEAR! Center closed
2nd Center closed
5th 10:30 a.m. Zumba Gold classes begin
12:00 Noon New Year's Party
7th 2:15 p.m. Bella Rose Rehabilitation & Aquatic Center for "Water Walking"
12th 12:30 - 2:00 p.m. "Genealogy" presentation by Roscommon County Genealogical Society
3:15 p.m. Aqua Combo,
Bella Rose Rehabilitation & Aquatic Center
13th 9:00 a.m. - 3:00 p.m. Compassionate Foot Care Clinic, library
11:45 a.m. Advisory Board Meeting
Lunchtime presentation by Lori Roberts,
Habitat for Humanity
14th Lunchtime presentation by Linda Hogaboom,
Director of New Beginnings
15th 9:30-10:30 a.m. MIC Food Giveaway
16th 10:30 a.m.-1:00 p.m. Heartland Blood Pressure
19th 10:00 a.m. - 2:00 p.m. Dynamic Hearing Care,
1:00 p.m. Star Ornament class by Judy King
(a few supplies needed)
20th Lunchtime presentation by Sandra White,
Admissions Coordinator, Hilltop Manor
21st 9:30 a.m Soaring Eagle Casino & Resort,
limited seating
10:00 a.m. Food Give-away, United Methodist Church, 7059 W. Houghton Lake Drive
28th 10:00 a.m.- 12:00 p.m. Miracle Ear Hearing Clinic, library

Daily Activities

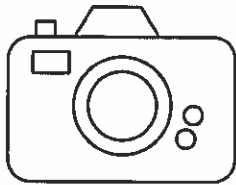
- Mon: 10:30 a.m. Zumba Gold, 12:30 p.m. Pool practice
Tues: 9:45 a.m. Early Exercise Group,
10:45 a.m. Arthritis Exercise Group
11:50 a.m. Senior Drawing before lunch,
12:45 p.m. Bingo
Wed: 12:30 p.m. Pool League, 1 p.m. Line Dancing
Thurs: 9:45 a.m. Early Exercise Group,
10:45 a.m. Arthritis Exercise Group
11:50 a.m. Senior Drawing before lunch,
12:45 p.m. Bingo
Fri: 1:00 p.m. Penny Bingo

ROSCOMMON CENTER 275-8421

- 1st Happy New Year! Center Closed
2nd Center Closed
5th Blood Pressure check by INtellicare
12:45 p.m. Senior Advisory Board Meeting
8th 10:00 a.m. Who Dun It, Murder Mystery
12:30 p.m. Celebrate Elvis' birthday
13th Blood Pressure Check by Mercy Hospice
15th Snowball Fight
16th Bingo dress up in 50's—due to Happy Day's
Premiere in 1974
12:45 p.m. 1st Annual Chocolate Chip Cookie Contest
Week of January 18th—National Pizza Week
19th National Popcorn Day
20th Bountiful Bingo—playing for the pantry and fun
21st National Hugging Day, Free Hugs to everyone
22nd National Blonde Brownie Day—Make and eat blonde brownies
23rd National Pie Day
Week of Jan 25th—Super Bowl Week

Daily Activities

- Mon: 9:15 a.m. Belly dancing, 10:00 a.m. Walking video, 10:45 a.m. Arthritis exercise class,
12:45 p.m. Line Dancing, 1:00 p.m. Pool
Tues: 10:00 a.m. Bountiful Bingo, 1:00-3:00 p.m. Cards
Wed: 9:15 a.m. Belly dancing, 10:00 a.m. Walking video, 10:45 a.m. Arthritis exercise class
Thurs: 10:00 a.m. Craft and Chat*—Bring an arts and crafts project to work on except for the 3rd Thursday of the month,
1:00-3 p.m. Cards—new time
Fri: 10 a.m. Penny Bingo, Cards, 1 p.m. pool
*New on Thursday mornings: Craft and Chat—We are trying to pick up crafts for us to do as a group. If you have any ideas, please let us know. For now bring in a craft of your choice and join us.

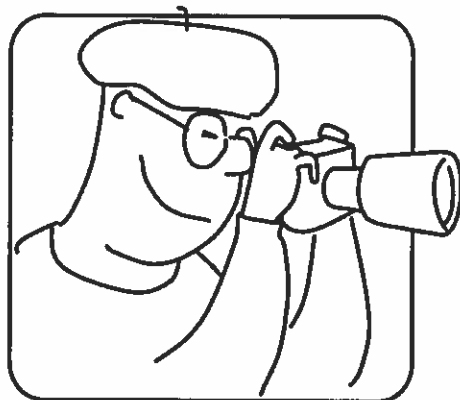


Photography

Find and circle all of the Photography terms that are hidden in the grid.
The remaining letters spell the name of a type of camera.

- APERTURE
- BALANCE
- BELLOWS
- BLOWUP
- CAMERA
- CLOSE UP
- COLOR
- CONTRAST
- CROPPING
- DARKROOM
- DEVELOPER
- ENLARGEMENT
- ENLARGER
- FILTER
- FIXING BATH
- FLASH
- FOCAL LENGTH
- FRAME
- HOT SHOE
- LIGHT METER
- LIGHTING
- NEGATIVE
- OVEREXPOSURE
- PANNING
- PANORAMA
- PARALLAX
- PHOTOFINISHER
- POSITIVE
- PRINT
- PROCESSING
- RANGEFINDER
- RETOUCHING
- SAFELIGHT
- SATURATION
- SHUTTER
- SLIDE
- STOP BATH
- TELEPHOTO LENS
- TINT
- TONE
- TRIPOD
- UNDEREXPOSURE
- VIEWFINDER
- ZOOM LENS

C	L	O	S	E	U	P	E	D	S	F	I	L	T	E	R	X	C	I
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R	T	H	L	E	O	U	G	T	N	N	P	T	E	T	O	N	U	A
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Monday	Tuesday	Wednesday	Thursday	Friday
Call Your Local Center & Make Your Meal Reservations Today! St. Helen Center 389-7551 Roscommon Center 275-8421 Houghton Lake Center 366-9168				
5 Chicken Tenders Potato Wedges* Snap Peas Bread* - Margarine Fruit Cocktail*	6 National Bean Day! Asian Ginger Tilapia Black Beans & Rice* 3 Bean Salad Corn Bread* - Margarine Fruit Juice*	7 Broccoli-Stuffed Chicken over Wild Rice* Cauliflower Prince Charles Veggies Bread* - Margarine Fresh Grapes*	8 Cabbage Casserole Mashed Potatoes* Tossed Salad & Tomatoes Roll* - Margarine Fresh Apple*	9 Shepards Pie* Green Beans Tossed Salad & Tomatoes Biscuit* - Margarine Fresh Fruit*
12 Pork Chop Scalloped Potatoes* Baked Squash* Roll* - Margarine Applesauce*	13 Chicken Parmesan over Spaghetti* Italian Blend Veggies Tossed Salad & Tomatoes Garlic Toast* - Margarine Pineapple Tidbits*	14 Swedish Meatballs over Noodles* Peas Tossed Salad & Tomatoes Bread* - Margarine Orange Sections*	15 Winter Picnic BBQ Ribs German Potato Salad* Corn* Roll* - Margarine Watermelon*	16 Panko-Breaded Swaii over Brown Rice* Prince Charles Veggies Cole Slaw Corn Bread* - Margarine Applesauce*
19 National Popcorn Day Chicken-Bacon-Swiss on a Bun* Potato Wedges* Mixed Veggies* Diced Pears*	20 Hamburger Stroganoff over Noodles* Peas & Carrots Tossed Salad & Tomatoes Bread* - Margarine Strawberries*	21 Chicken Dinner Mashed Potatoes - Gravy* Harvard Beets* Roll* - Margarine Cranberry Sauce*	22 Lasagna Roll-up* Broccoli Cuts Tossed Salad & Tomatoes Bread* - Margarine Rice Pudding*	23 Prime Rib Burger on a Bun* Baked Beans* Broccoli Slaw Fresh Fruit*
26 Ham Slice Whipped Sweet Potatoes* Snap Peas Bread* - Margarine Peaches*	27 Chocolate Cake Day! Goulash* Winter Blend Veggies Tossed Salad & Tomatoes Bread* - Margarine Birthday Cake*	28 Chicken Ala King over Biscuit* Mailbu Blend Veggies Green Beans Pineapple*	29 Meat Loaf Mashed Potatoes - Gravy* Broccoli Tossed Salad & Tomatoes Roll* - Margarine Tropical Fruit Salad*	30 Fish Almondine Potato Wedges* Cole Slaw Corn Bread* - Margarine Fresh Fruit*
NEW YEAR'S DAY All Centers Closed				
1 All Centers Closed				
2 All Centers Closed				

* Indicates Carbohydrate

Thank You!

Suggested Donation is \$2.50 - Please Give What You Can



January 2015





**Snowshoeing at
Cross Country Ski Headquarters.**
Let's Gear Up Everyone!

Monday, January 26th: Experience the magic of winter! Leaving the Houghton Lake Center at 10:30 a.m., we will head to Higgins Lake for an adventurous afternoon snowshoeing on some of our local terrain. After instructions and our one hour trek through the trails, we'll head back to the lodge where the stone fireplace will have a roaring fire to help warm us. We will then be treated to homemade chili and a multi grain roll.

The price for this fun-filled adventure is \$15.00 per person and includes transportation, rental, instructions, and lunch!

We will return to the center around 1:30 p.m. Call 366-0205 today to reserve your spot. The trip is limited to 14 people.

Celtic Fest!

Full Set & Socks in the Frying Pan

Saturday, March 7th show starts at 8 p.m.

Performance by TWO of Ireland's favorite bands.

"Full Set" – Live Ireland Music Awards' New Band of the Year, 2012 – and

"Socks in the Frying Pan" – Three guys who exemplify the charm, humor and musical talent of the Irish!

In honor of "Socks" bring a donation of new socks or gently used clothing to the show and KCPA will distribute it to local assistance groups to help others in our own communities.

Our van will leave the Houghton Lake Center at 6:30 p.m. heading to Kirtland Community College. We will also pick up at the Roscommon and St. Helen Centers.

The cost is \$27.00 per person and is limited to 14 people.

Bussin' Beauties

Kirtland College, Wednesday, January 21st

Leaving Roscommon Center @ 8:30 a.m.

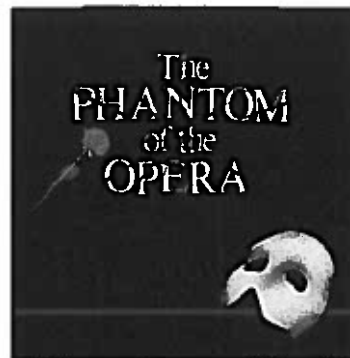
Price for this trip: \$10.50 per person

Includes: 3 treatments and transportation

This trip is for both men & women.

Seats limited due to the number of students available.

Sign up or call (this trip only) 275-8421 today!



**Wharton Center
Michigan State University
Saturday, April 11, 2015**

There are still 6 seats available to attend this fantastic production

The cost of this trip is \$110.00 and will include

transportation to and from MSU and the price of the matinee theatre ticket.

If you have reserved your seat but have not yet paid, please do so soon. Any seats that have not been paid for by March 2, 2015, will be considered available for sale.

Please call 366-0205 for more information.