

Mission statement: Providing opportunities for people of all ages and means to improve their quality of life through advocacy, education, housing, nutrition, volunteerism and support services.

Aug. 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
2	3 <u>Esky Senior Center</u> Foot Clinic	4	5	6	7 <u>Sen. Companion</u> PAC meet, Menominee	8	
9  <u>Rock Senior Center</u> Corporation dance	10 <u>Mid Co Sr Ctr</u> Foot Clinic	11 <u>Rock Sr Ctr</u> Bake Sale & Game Night <u>Alzheimer's support</u> group meeting	12 <u>Menom Sr Center</u> <u>Evening Meal</u>	13 <u>Menom Sr Center</u> Craft Game Day	14	15	
	AUG. 18: <u>Glad Sr</u> Center <u>Fair-style Lunch</u> ; <u>Herm Foot Clinic</u>	AUG. 18: <u>Rock Senior</u> Center <u>Spin the Wheel</u>			AUG. 20: <u>Wellness</u> <u>Fair, Escanaba</u>		
16	17 <u>Menom Sr Center</u> Foot Clinic <u>Hermansville Sr</u> <u>Ctr Craft Day</u>	18 <u>Sen. Comp.</u> picnic, Escanaba <u>Menom Sr Center</u> Camera Clinic <u>Esky Senior Center</u> AARP Safe Driving	19 <u>Mid Co Sr Ctr</u> Mystery Lunch Trip <u>Sen. Comp.</u> Component meet, Escanaba	20 <u>Rock Sr Ctr</u> Movie Day <u>Menominee Co.</u> bus trip to <u>Fair</u>	21	22	
				AUG. 19: <u>Glad Sr</u> Center <u>Foot Clinic</u>	<u>Women's Wellness</u> <u>Fair, Escanaba</u>		
23	CSFP FOOD DISTRIBUTION: <u>Aug. 18: Mid County Senior Center, Menominee</u> (senior center, four senior apartment buildings) <u>Aug. 19: Rock Senior Center</u> <u>Aug. 21: Hermansville Senior Center</u> FOR MORE INFORMATION, CALL (906) 786-7080, Ext. 130 or 111		25 <u>Menom Sr Center</u> Birthday Party <u>Mid Co Sr Ctr</u> Birthday Party <u>Glad Sr Center</u> Birthday Dinner	26 <u>Hermansville Sr Ctr</u> Birthday Dinner <u>Rock Senior Center</u> Birthday Dinner <u>Menom Sr Center</u> Road Trip to Hermansville	27 <u>Esky Senior Center</u> Birthday Party and End Summer picnic, Ludington Park <u>Menom Sr Ctr</u> Movie Day ("Saving Mr. Banks")	28	29