



A MONTH OF SERVICE OCT. 2017

MONDAY, OCT. 2

[Escanaba Senior Center](#) Foot Clinic (call 786-8850 for appointment)

OCT. 2-6, 9-13

[Mid-County Senior Center](#) monthly food distribution recertification (753-6986)

TUESDAY, OCT. 3

[Mid-County Senior Center](#) Fall Color Tour (753-6986)

[Gladstone Senior Center](#) Diabetes Path, 9-11:30 a.m. (428-2201)

[Gladstone Senior Center](#) Start of Meaningful Memoirs writing class, 10-11 a.m. (428-2201)

WEDNESDAY, OCT. 4

[Hermansville Senior Center](#) start of Sit & Get Fit.

[Escanaba Senior Center](#) Craft Day, 10-noon (786-8850)

SUNDAY, OCT. 8

[Rock Senior Center](#) Corp. Dance, 1 p.m., (356-6420)

MONDAY, OCT. 9

[Mid-County Senior Center](#) Foot Clinic (call 753-6986 for appointment)

[Rock Senior Center](#) Craft Day (Seasonal) (356-6420)

TUESDAY, OCT. 10

[Rock Senior Center](#) bake sale, 4 p.m., game night 6 p.m. (356-6420)

WEDNESDAY, OCT. 11

[Rock Senior Center](#) Learn the Warning Signs of Estate Planning and Annuity Scams, 11 a.m., (356-6420)

OCT. 9 & 30

[Mid-County Senior Center](#) Crafts with

Cheryl, 11 a.m. (753-6986)

TUESDAY, OCT. 10

[Gladstone Senior Center](#) Blood Pressure Clinic, 11-11:30 a.m. (428-2201)

[Adult Day Services](#) Alzheimer's support group, Gary Abrahamson Jr. Memory Care Center ([map](#)), 2 p.m. (789-2886)

OCT. 10 & 12

[Menominee Senior Center](#) Computer Class, 1-4 p.m. (call 863-3256)

WEDNESDAY, OCT. 11

[Escanaba Senior Center](#) "Who Should You Trust?" Presentation, 11 a.m. (786-8850)

[Menominee Senior Center](#) Estate Family Planning, 11 a.m. (863-3256)

THURSDAY, OCT. 12

[Governing board](#) meeting, 12:30 p.m., 511 1st Ave. N., Escanaba ([map](#)) (agendas [CAA HRA](#))

MONDAY, OCT. 16

[Menominee Senior Center](#) Blood Pressure Clinic, 9-11 a.m. (863-3256)

[Gladstone Senior Center](#) Brunch ([menu](#)), 11:30 a.m. (call 428-2201 to reserve a seat)

[Hermansville Senior Center](#) Craft Day, 1 p.m. (498-7735)

TUESDAY, OCT. 17

[Hermansville Senior Center](#) Foot Clinic (call 498-7735 for appointment)

[Escanaba Senior Center](#) Blood Pressure Screening, 11-noon (786-8850)

[Mid-County Senior Center](#) monthly food distribution, 9-10 a.m. (753-6986)

[Menominee Senior Center](#) monthly

[food distribution](#), 11 a.m.-noon (863-3256)

[Menominee Senior Center](#) Craft Day, 1 p.m. (863-3256)

[Rock Senior Center](#) Spin the Wheel, 6 p.m. (356-6420)

WEDNESDAY, OCT. 18

[Hermansville Senior Center](#) Health Fair, 9-noon. (498-7735)

[Gladstone Senior Center](#) Foot Clinic (call 428-2201 for appointment)

THURSDAY, OCT. 19

[Menominee Senior Center](#) Flu Shot Clinic (863-3256)

[Escanaba Senior Center](#) monthly food distribution, 10-11 a.m. (786-8850)

OCT. 19-20

[Mid-County Senior Center](#) AARP Safe Driving Class (753-6986)

FRIDAY, OCT. 20

[Hermansville Senior Center](#) monthly food distribution, 9-10 a.m. (498-7735)

[Gladstone Senior Center](#) Movie Day ("Young Frankenstein") after lunch

TUESDAY, OCT. 24

[Menominee Senior Center](#) Birthday Party ([menu](#)), 11:30 a.m. (call 863-3256 to reserve a seat)

[Hermansville Senior Center](#) Birthday Party ([menu](#)), noon (call 498-7735 to reserve a seat)

WEDNESDAY, OCT. 25

[Escanaba Senior Center](#) Birthday Party ([menu](#)), 11:30 a.m. (call 786-8850 to reserve a seat)

[Rock Senior Center](#) Birthday/Halloween Party ([menu](#)), noon (356-

6420 to reserve a seat)

[Mid-County Senior Center](#) Birthday Party ([menu](#)), 11 a.m. (call 753-6986 to reserve a seat)

THURSDAY, OCT. 26

[Escanaba Senior Center](#) SAC meeting, 10-11 a.m. (786-8850)

[Menominee Senior Center](#) Movie Day ("Going in Style"), 12:45 p.m. (863-3256)

MONDAY, OCT. 30

[Senior Companion](#) Recognition Banquet, Island Resort ([map](#)) (786-7080, ext. 144)



TUESDAY, OCT. 31

[Escanaba Senior Center](#) Halloween Party ([menu](#)), 11:30 a.m. (call 786-8850 to reserve a seat)

[Gladstone Senior Center](#) Birthday/Halloween Party ([menu](#)), 11:30 a.m. (call 428-2201 to reserve a seat)

[Menominee Senior Center](#) Halloween Party ([menu](#)), 11:30 a.m. (call 863-3256 to reserve a seat)

[Hermansville Senior Center](#) Halloween Party ([menu](#)), noon (call 498-7735 to reserve a seat)

[Mid-County Senior Center](#) Halloween Party ([menu](#)), 11 a.m. (call 753-6986 to reserve a seat)