

Bay County Division on Aging ~ presents

In service Opportunity for Volunteers, Caregivers and Seniors

Relaxing, Walking and Birding Tour

Live in the NOW. Appreciate the opportunities in our backyard. Take a breather. Clear your mind of the clutter. Get back to nature. This inservice will offer a time out to enjoy. We will meet at the State Park where we will take a 2 mile loop in the marsh viewing birds with our own Sandy Jozwiak as our tour guide. If you are unable to do the walking portion meet us at 11:00 a.m. at the Nature Center, where we will view a video on Michigan Birds. We will then experience the birding area in the Nature Center. Lunch will be served at the Pavilions with discussion to follow on our day. If you do not have a sticker for State Park car pool opportunities will be available at Riverside Center, 800 J. F. Kennedy Drive.

(The surface for walking will be tar, gravel and mulch.)

10:00 - 11:00 a.m. Walking Tour
11:00 - 12:00 p.m. Slide Show - Nature Center
12:00 - 12:30 p.m. Viewing Bird Room
12:30 - 1:00 p.m. Lunch
1:00 - 1:30 p.m. Q & A

Wednesday, July 31, 2013

Location: State Park Pavilion, State
3582 State Park Drive
Bay City, 48706

Space is limited so get your registration in early.
\$2.50 suggested donation (60 yrs & better) for lunch
fee of \$4.75 (59 yrs & under)

Menu ~ or a choice of Salad or Sandwich of the week
Salad: Taco or **Sandwich:** Turkey Swiss Wrap

To make reservations and/or transportation requests call Sandy at (989) 893-7070.
A reservation must be made to attend by calling or filling out the detached section of this form,
no later than Monday, July 29, 2013.



Name: _____ Phone #: _____

Address: _____ Amt. Paid: _____

Indicated menu request: salad _____ sandwich _____

Senior:

Caregiver Participant:

Division on Aging Volunteer:

Indicate if Release and Waiver of Liability is on file: Yes _____ Need to sign _____

(Only need one release on file for the year.)

Individuals with disabilities may request auxiliary aids/services by providing 10 days notice to the County of Bay before the scheduled event.
Request should be directed to Michael Gray, (989) 895-4130 or 895-4049. Inservice Relaxing July 31.