

Bay County Division on Aging ~ presents

In service Opportunity for Volunteers, Caregivers and Seniors

Jump start your New Year.....

with a positive approach to enhance your mental and physical healthy habits. Clear out the cobwebs, learn to breath (deep), stretch and strengthen those weary bones and muscles, lifting safely and keeping your balance. Vicki Sauve, Physical Therapy Assistant at McLaren Bay Region will give us a hands on example & explain why we need to exercise. Be prepared to do some light participation.

Bring your questions for a better you in 2013.

Thursday, January 31, 2013

Location: Riverside Center

(We will enjoy lunch first)

800 J. F. Kennedy Drive,
Bay City, 48706

Time: 12:00 noon lunch
12:45 - 2:00 p.m. Program

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 ~ Entree: Pork Chop Suey, Brown Rice, Glazed Carrots, Whole Wheat Bread, Tapioca Pudding

or a choice of Salad or Sandwich of the week

Salad: Garden or **Sandwich:** Roast Beef

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, January 28, 2012 or until full.

Name: _____ Phone #: _____

Address: _____ Amt. Paid: _____

Indicated menu request: entree _____ 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 New Approach for New Year 2013