

UPCOMING



EVENTS



A Matter of Balance

Thursdays, Jan.9-Feb. 27, 2020, OCCOA at University Center Gaylord at 9:30am-11:30am
Fridays, Jan.10-Feb. 28, 2020, at Hillman Senior Center from 9:30am-11:30am
Thursdays, Feb.27- Apr. 16, 2020, at Arenac Community Center from 12:00pm-2:00pm
Tuesdays/Wednesdays, Mar.3-Mar.25,2020 at MI Works in Grayling from 1:30pm-3:30pm
Wednesdays, Mar. 18 - May 6, 2020, at Hale Senior Citizen Center from 10:00am-12:00pm
Thursdays, Apr. 9-May 28,2020,OCCOA at University Center Gaylord at 1:00pm-3:00pm
Fridays, May 1-Jun.19,2020, at Montmorency County Commission on Aging at 9:30am-11:30am
Tuesdays/Fridays, Jun. 2-Jun. 26, 2020 at Ogemaw Commission on Aging at 9:30am-11:30am
Tuesdays/Fridays, Aug. 4-Aug. 28, 2020 at Ogemaw Commission on Aging at 9:30am-11:30am
Thursdays, Aug.6-Sep.24, 2020, OCCOA at University Center Gaylord at 9:30am-11:30am
Tuesdays/Thursdays, Aug.4-Aug.27, at MI Works in Grayling from 1:30pm-3:30pm

Powerful Tools for Caregivers

Mondays, May4-Jun.15,2020, at Alcona County Commission on Aging from 1:00pm-3:30pm
Wednesdays, Aug. 5-Sep. 1, 2020 at Iosco, Robert J. Parks Library from 1:00pm-3:30pm



Creating Confident Caregivers

Wednesdays, Apr. 8 - May 13, 2020, OCCOA at Otsego Memorial Hospital from 6:00pm-8:00pm
Tuesdays, May 5 - Jun. 16, 2020, in Presque Isle County from 1:00pm-3:00pm
Thursdays, Jul. 9 - Aug. 13, 2020, at Cheboygan County Council on Aging from 1:00pm-3:00pm
Wednesdays, Aug. 5 - Sep. 9, 2020, OCCOA at Otsego Memorial Hospital from 6:00pm-8:00pm

Personal Action Towards Health (PATH)

Chronic Pain PATH:

Thursdays, Jun.4-Jul.9, 2020, at 501 Norway Street Grayling from 1:00pm-3:30pm
Wednesdays, Mar. 18-Apr. 22, 2020 at Hale Senior Citizen Center from 1:00pm-3:30pm

Diabetes PATH:

Wednesdays, Apr. 29-Jun. 3, 2020, at Ogemaw Commission on Aging from 1:00pm-3:30pm



For more information, including workshops not listed in your county,
call Brooke Mainville at 989.358.4616
or go to www.nemcsa.org

NEMCSA, 2375 Gordon Road, Alpena, MI 49707