

## What is S.O.A.R.?

- If you are a Mecosta County Senior Citizen (60+)
- No longer drive
- Enjoy meeting new friends or reacquainting yourself with old friends

This program can help you get to the Senior Center to join in all the fun and activities.



## S.O.A.R. Senior Outings and Recreation

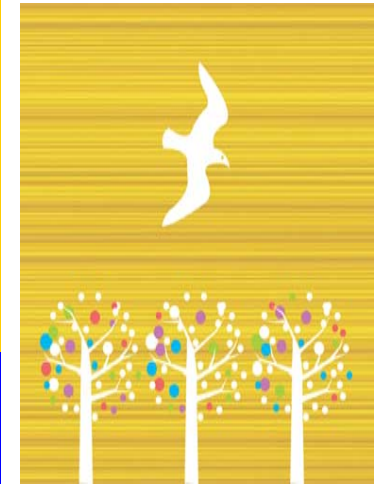
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**T**he Mecosta County Commission on Aging is funded by county millage, contributions, memorials, local community rebates, and the Michigan Department of Transportation. Grant funding through the Older Americans Act, Office of Service to the Aging, Mecosta-Osceola United Way, Area Agency on Aging, Title IIIB, State Alternative Care, State Respite Care and Senior Center Staffing also play an important role in service provision. The Mecosta County Commission on Aging certifies that it will comply with the Department of Health and Human Services Regulations under Title VI of the Civil Rights Act of 1964.

## S.O.A.R. Senior Outings and Recreation



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*Mecosta County  
Commission on  
Aging  
and Senior Center*

*"Offering Support,  
Building Independence"*

**(231) 972-2884**

# *S.O.A.R. Senior Outings and Recreation*

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The S.O.A.R. program is designed to assist Mecosta County Seniors (age 60+) who no longer drive, get involved at the Senior Center.

This is an opportunity to come and enjoy the programs and activities or volunteer your time to help others.

Sharing the costs with existing services provides us with the resources needed to offer this opportunity. Coordinating with Mecosta-Osceola Transit Authority and the Senior Companions provides us the chance to S.O.A.R.



## **Who Qualifies?**

- Resident of Mecosta County
- Age 60 plus
- No longer able to drive yourself

## **What is the Cost?**

There is no fee for this service, however; you will receive a **monthly suggested donation request** based on how many times you are transported to the Senior Center.

Noon meal at the Senior Center is \$3.00 suggested donation for the main entree, salad bar, and beverages. If you prefer a lighter meal, the salad bar and beverage is a \$2.00 suggested donation. Soup can be added to either meal for an additional \$1.00.

Most programs at the Senior Center are free of charge. On rare occasions a small fee for activity supplies may be requested.

## **How do I Sign Up?**

Call the Senior Center and ask for transportation. The transportation department can schedule you a ride and will let the Activity Coordinators know when you are coming.

## **What is the Schedule?**

Meal served daily at Noon

- Tuesdays  
10 a.m.-3 p.m.  
Scheduled Activities  
Card Recycling  
Theology  
Walking Trail  
Putting Green  
Bridge  
Crafts  
Volunteer Programs
- Fridays  
11 a.m.-3 p.m.  
Scheduled Activities  
Line Dancing  
Bingo  
Euchre  
Walking Trail  
Putting Green

Along with this regular schedule other activities and special programs may be offered. The monthly newsletter, "**The Keyhole**", will have the meal menu and a complete schedule of programs and activities.

Activities are subject to change.