



801 E. Front Street, Traverse City, Michigan 49686

231-922-4911

www.grandtraverse.org/scn

Making longer lives, better lives.

Week of October 5, 2020

Dear Senior Center Friends – Curbside Meals Week Twenty-Nine



THEME of the WEEK: Wild Wild West

We may not live “out west” but we certainly have been on a Wild Wild ride together, haven’t we? As I write this note, I am hoping to resume some indoor activity at the Senior Center. It will be different and there will be a lot of new rules, but at least we’ll have some things going on to get you through the winter months. Watch for the November/December newsletter coming out later this month with things that we’ll be reopening. Unfortunately, right now, we are not planning to resume any card games or sit down hot lunches. These both require too much contact between participants and an increased risk of spreading germs. Speaking of germs, be sure and get your flu shots this year! The local health department is urging us all to get the flu shot, especially this year. The hope is with all the increased use of protective gear and minimizing public exposure, we’ll have less cases of the flu this year. Flu symptoms also mimic those of the Corona virus, so don’t ignore your symptoms. Call your doctor if you are experiencing any flu-like symptoms, early, so that you can rule out COVID. Be safe, be smart, and stay well!

NEXT WEEK’S THEME: Homecoming

Sweater weather and football games, means Homecomings are in season!

Our thanks to Meals on Wheels for collaborating with us to prepare the Curbside Meal Services during COVID 19. If you are unable to get out or know someone who can’t, please contact Meals on Wheels at 231-947-3780 to see about being put on the delivery route. Monthly, Meals on Wheels will send out statements indicating how many meals you picked up with instructions on how to make a **donation** to cover cost, if you are inclined to do so. Please understand there is absolutely **NO OBLIGATION** to pay for the meals. We understand this is a difficult time for everyone. We would be devastated to learn of anyone who wasn’t taking meals due to cost.

Lori Wells