

“EVERY SPRING IS THE ONLY SPRING, A PERPETUAL ASTONISHMENT.”
- ELLIS PETERS

THE UPSIDE OF AGING

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Bay Area Transportation Authority Seeks BATA Buddies

Bay Area Transportation Authority (BATA) is partnering with the Grand Traverse County Commission on Aging to launch BATA Buddies—a volunteer program dedicated to helping others learn how to ride public transit.

BATA is currently seeking volunteers to become BATA Buddies and assist community members in gaining independence through transit education. If you're interested in making a difference, we'd love to have you on board!

For more information or to sign up, contact:

 BATA - Bill Clark: 231-778-1035 **OR**

 GTCOA - Renee Woessner: 231-922-4688

Learn more at bata.net/buddy.

FREE TV Recycling for Grand Traverse County Residents!

Grand Traverse County's RecycleSmart program, in partnership with Bay Area Recycling for Community (BARC), is offering free TV and computer monitor recycling for GTC residents. Bring your old TVs to BARC's facility at 466 US 31 South to be responsibly recycled—at no cost!

 One TV per household

 Proof of residency required

If you're unable to drop off your TV yourself, GTCOA's Outdoor Services crew can assist with pickup and drop-off for clients as an odd job.

 For more details, call BARC at 231-632-2272 or visit mybarc.org.



MONTHLY REMINDERS

- **IF YOU USE BILL PAY SERVICES FOR YOUR COMMISSION ON AGING INVOICES, PLEASE REMEMBER TO UPDATE THE COA ADDRESS WITH YOUR FINANCIAL INSTITUTION. OUR ADDRESS IS 1615 PARK DRIVE, TRAVERSE CITY MI 49686.**
- **THE NMCAA IS ASSISTING SENIORS WITH FREE TAX PREPARATION. CALL THEM AT (231) 947-3780!**
- **REMEMBER, CLOCKS MOVE FORWARD ONE HOUR ON SUNDAY, MARCH 9, 2025.**
- **THE FIRST DAY OF SPRING IS COMING ON THURSDAY, MARCH 20TH!**

Free Home Cleaning for Cancer Patients

Cleaning for a Reason is a nonprofit that provides free home cleaning services to cancer patients across the U.S. and Canada. Through a network of 1,400+ cleaning companies, eligible patients receive two free cleanings over two months, allowing them to focus on healing.

Who Qualifies?

Anyone undergoing cancer treatment, recovery, or hospice care can apply online.

How to Help

You can support the mission by donating, volunteering, or becoming a cleaning partner.

Learn more or apply at cleaningforareason.org, or call (817) 921-0653.

Spring is Here—Time to Shake Off Winter and Start Fresh

Winter's finally on its way out, and that means more sunshine, fresh air, and a chance to shake off the sluggishness of colder days. March is the perfect time to reset—mind, body, and home.

Get Outside & Enjoy the Light

The days are getting longer, and even just a little time outside can boost your mood and energy. Whether it's a short walk, a little time in the garden, or just sitting by the window with a good book, soaking up some sun can do wonders.

Eat What's in Season

Spring brings fresh produce and lighter meals—which is a nice change after months of hearty winter food. Keep an eye out for greens, berries, and fresh herbs to add some color (and nutrients) to your plate.

Clear the Clutter, Clear Your Mind

Spring cleaning isn't just about dusting—decluttering your space can help clear mental clutter too. Tackle one small area at a time, whether it's a closet, a drawer, or that pile of papers you've been meaning to sort.

Reconnect & Make Plans

Winter has a way of making us all a little more reclusive, but now's the time to reach out and make plans. Call an old friend, join a local event, check out the new Traverse City Senior Center, or just catch up with a neighbor. A little connection goes a long way.

Spring is all about renewal, fresh starts, and small joys. So take a deep breath, shake off winter, and step into the season with a little extra energy. You've earned it.

1615 Park Drive, Traverse City, MI 49686

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◦ gtcoa@gtcountymi.gov ◦ www.gtcoa.org

Open 8 AM - 5 PM *Closed from Noon - 1 PM*

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