

THE UPSIDE OF AGING

WELCOME THE FALL SUNSHINE!

If your autumn routine includes Home Chore Window Washing through the COA, you will soon receive a letter with scheduling details. Please note we are unable to service apartment windows or any windows that require a ladder to reach.

If you are not currently a window washing client but would like to learn more, give our office a call—we'll be happy to answer your questions. **There is currently a waitlist for this service.**

SENIOR SAFETY CHECK

With fall underway, it's a good time to make sure your home is safe and prepared for the months ahead. Test smoke detectors, replace batteries, and review emergency plans. And don't forget—**Daylight Saving Time ends on Sunday, November 2.** That's the perfect reminder to check your clocks and your safety devices.

MEDICARE OPEN ENROLLMENT

Medicare's Annual Open Enrollment runs **October 15 – December 7**. This is your chance to review your coverage, compare plans, and make changes to Medicare Advantage or Prescription Drug (Part D) plans for 2026. Because premiums, benefits, and drug formularies can change each year—and with a new \$2,000 annual out-of-pocket cap on prescription drug costs that began in 2025—it's a good idea to take a fresh look at your options.

The Area Agency on Aging of Northwest Michigan (AAANM) is offering free MMAP counseling to help you navigate choices and find the plan that best meets your needs. To schedule an appointment, call (231) 947-8920 or (800) 442-1713. Statewide assistance is also available through MMAP at 1-800-803-7174.

“All the months are crude experiments, out of which the perfect September is made.” – Virginia Woolf

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OPEN 8 AM - 5 PM *CLOSED FROM NOON-1 PM*
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WALK TO END ALZHEIMER'S – TRAVERSE CITY

Join us on Saturday, October 4, 2025 at Hull Park (660 Hannah Ave., next to the library) for the annual Walk to End Alzheimer's.

Registration opens at 9:00 a.m. with the Promise Garden Ceremony and 2-mile walk starting at 10:00 a.m. The route follows the Boardman Lake Trail to Right Brain Brewery and back, with vendor booths, giveaways, and refreshments along the way.

This event is a meaningful way to honor loved ones touched by Alzheimer's while supporting the Alzheimer's Association's mission.



Alzheimer's affects millions of families, including many right here in our community. It is more common than breast cancer and prostate cancer combined, and nearly two-thirds of Americans living with Alzheimer's are women. This walk is a chance to honor loved ones, raise awareness, and support the Alzheimer's Association's mission of care and research.

Join the GTCOA team or learn more at alz.org/walk, or contact Lisa Ferguson at (231) 922-4688.

SENIOR CENTER NETWORK FALL FESTIVAL 2025 - THE WILD WEST!

Saddle up and join the fun at this year's Fall Festival on Friday, September 19, 2025, from 11:00 a.m. to 2:00 p.m. at the Traverse City Senior Center. The theme is Wild West, so dust off your boots and cowboy hats for an afternoon filled with fun!

The celebration will feature a men's group chili cookoff, member potluck, games, and live entertainment. Weather permitting, this will be an indoor/outdoor event, so please plan accordingly. Mark your calendars—we can't wait to see you there!