

August 2021

Senior Hi-Lites

Charlevoix County Commission on Aging Newsletter
Funding for Charlevoix County Commission on Aging is provided
by: Charlevoix County Senior Millage; Michigan Aging & Adult
Services Agency; Area Agency on Aging of Northwest MI

Area happenings

For more information:

Beaver Island Chamber
(231) 448-2022
Main Street
Beaver Island, MI 49782
beaverislandcommunitycenter.
org

Boyne Area Chamber
(231) 582-6222
115 S. Lake St., Suite A,
Boyne City, MI 49712
boynechamber.com

Charlevoix Chamber
(231) 547-2101
109 Mason Street
Charlevoix, MI 49720
charlevoix.org

East Jordan Chamber
(231) 536-7351
100 Main Street, Suite B
East Jordan, MI 49727
ejchamber.org

AUGUST 2021 NOTABLE DATES

- 1 **Friendship Day**
- 2 **Ice Cream Sandwich Day**
- 3 **Watermelon Day**
- 4 **Chocolate Chip Cookie Day**
- 5 **Work Like a Dog Day**
- 6 **Wiggle Your Toes Day**
- 7 **Lighthouse Day**
- 8 **Happiness Happens Day**
- 9 **Book Lovers Day**
- 10 **Lazy Day**
- 11 **Hip Hop Day**
- 12 **Vinyl Record Day**
- 13 **Left-Handers Day**
- 14 **Garage Sale Day**
- 15 **Relaxation Day**
- 16 **Tell a Joke Day**
- 17 **Thrift Shop Day**
- 18 **Mail Order Catalog Day**
- 19 **Photo Day**
- 20 **Radio Day**
- 21 **Senior Citizen's Day**
- 22 **Be an Angel Day**
- 23 **Ride the Wind Day**
- 24 **Waffle Day**
- 25 **Kiss and Make Up Day**
- 26 **Toilet Paper Day**
- 27 **Just Because Day**
- 28 **Bow Tie Day**
- 29 **More Herbs, Less Salt Day**
- 30 **Toasted Marshmallow Day**
- 31 **Eat Outside Day**

For more detailed information on things going on at our Senior Centers:

Please call and speak with the Site Coordinator directly or call the COA Office.



“TWENTY YEARS FROM NOW YOU WILL BE MORE DISAPPOINTED BY THE THINGS YOU DIDN'T DO THAN BY THE ONES YOU DID. SO THROW OFF THE BOWLINES. SAIL AWAY FROM THE SAFE HARBOR. CATCH THE TRADE WINDS IN YOUR SAILS. EXPLORE. DREAM. DISCOVER.”~ MARK TWAIN

Director's CORNER

Did you know that people 60 years and older are more prone to heat stresses (heat stroke & heat exhaustion) than younger people?

There can be many reasons why, but two of the most common are that they are more likely to have chronic medical conditions that change the body's normal heat response and they are more likely to take medications that impair the body's ability to regulate its temperature.

Heat Stroke is when the body become unable to control its temperature. The body temperature rises rapidly, and the body loses its ability to seat and is unable to cool down.

Heat exhaustion is a milder form of heat-related illness that can occur after several days of being exposed to high temperatures along with inadequate of unbalanced replacement of fluids.

The signs and symptoms of heat stroke are: An extremely high body temperature (above 103 degrees F); red, hot and dry skin with no sweating; rapid, strong pulse; throbbing headache; dizziness; and nausea. Heat exhaustion can also be a sign or symptom of on coming heat stroke.

The signs and symptoms for heat exhaustion are: Heavy sweating; paleness; muscle cramps; tiredness; weakness; dizziness; headache; nausea or vomiting; fainting; breathing fast and shallow; fast and weak pulse and the skin may be cool and moist.

Protect yourself by drinking cool, nonalcoholic beverages; rest; take cool showers or baths; seek an air-conditioned environment; wear lightweight clothing; remain indoors in the heat of the



day and do not engage in strenuous activities. If your doctor limits the amount of fluid you drink, ask them how much you should drink when it is hot.

Protect others by checking at risk adults a couple of times a day and watch them for signs of heat stress; encourage fluid intake and take them to air-conditioned locations.

The senior centers are a great place to rehydrate and cool off on hot days. Not only do they keep you safely cool, they have great things taking place daily...there is always room for you!

Our Charlevoix Senior Center is located at 13513 Division Street Charlevoix, MI 49720, 231-547-3844 and we are open all day from 8a-4p.

Our East Jordan Senior Center is located at 951 Mill Street, East Jordan 49727, 231 536-7831 and we are open from 9a-2p.

Our Boyne Area Senior Center is located at 411 E. Division, Boyne City 49712, 231-582-6682 and we are open from 9a-2p.

There are many other public places that are also air conditioned like the public libraries, so please take advantage of a Free ride from Transit and stay safe and comfortable.

COA Information

COA Office

218 W. Garfield Ave.,
Charlevoix, MI 49720
231-237-0103
Toll Free: 866-428-5185
Fax: 231-237-0105
Office open M-F 7:30am-
4:30pm

Main Office Staff:

Amy Wieland, Executive Director
Sheri Shepard, Assistant Director
Theresa Graham, Office Manager
Sally Nye, Database Coordinator
Paul Tate, Food Service Manager
Kevin Clements, Senior Program Facilitator

Health Care Services:

Tracey Rupinski, RN, Director of Health Care Services
Robin Pugh, RN, CFC
Brenda German, CENA
Carla Middaugh, Personal Care
Arlene Wilson, CENA
Kim Crandell, Homemaker
Rhonda Whiteford, Homemaker

COA Advisory Board:

Luanne Reed, Chair; Ed May, Vice-Chair; Aleta Runey, William Cousineau, Linda Fineout, Sharon Misiak, Secretary/Treasurer, Janet Kalbfell;
Shirley Roloff, Board Liaison

Beaver Island COA Office:

Open M-F 8a-5p
Lonnie Allen, BI County Building & COA Site Coordinator
26466 Donegal Bay Road
Beaver Island, MI 49782
231-448-2124

Boyne Area Senior Center:

Open M-F 9a-2p
Loretta Bayless, Site Coordinator
Bridget, Jan Food Service & HD Meals
411 E. Division, PO Box 964
Boyne City, MI 49712
231-582-6682

Charlevoix Senior Center:

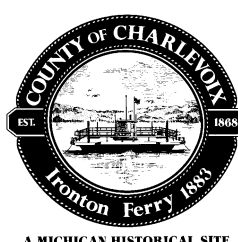
Open M-F 8a-4p
Vikki Pearsall, Northside Building and COA Site Coordinator, ? & Kathy Food Service & HD Meals
13513 Division Street
Charlevoix, MI 49720
231-547-3844

East Jordan Senior Center:

Open M-F 9a-2p
Brenda Skop, Site Coordinator
Kelly, Nate Food Service & HD Meals
951 Mill Street, East Jordan, MI 49727
231-536-7831

Gretchen Friedenstab, Floater Cook
****The Boyne, Charlevoix & East Jordan Senior Centers May - September Wednesday Hours are 2p-7p.**

Visit our Website: www.charlevoixcounty.org/Commission_on_Aging or our Facebook page "Charlevoix County Commission on Aging"



Charlevoix County Commission on Aging Updates!

Please contact the COA Office at 231-237-0103 or your local senior center for more information

We have had a positive Covid19 case in our Boyne Area Senior Center confirmed Monday, July 26, 2021. The individual was vaccinated for Covid and a Senior. The Boyne Area Senior Center will be closed to the public July 26-July 30 for deep cleaning, Quarantine and Home Delivered meals will be provided in bulk on Tuesday, July 27, 2021.

There will be NO Curbside pick up that week from that center. Boyne area seniors can go to any of our other locations for their lunches.

We hope to be able to provide hot Curbside Meals and Home Delivered Meals from the Boyne location the Week of August 2-August 6 and We hope to reopen the center to the public on Monday, August 9, 2021.

We encourage you to get vaccinated if you have not already. You can still get COVID if you are vaccinated but the illness it presents is less severe.

Please be patient with us. Things will still look and feel a bit differently for the summer as we transition fully to a more normal Senior Center experience.

It is important that we all do our part to make reopening successful. PLEASE, if you are not feeling well, stay home. Wash your hands often. Get the COVID-19 vaccine.

Veteran's Social and Lunch Hosted by the Charlevoix County Commission on Aging at the Senior Center Sites in Charlevoix County ~ We APPRECIATE Veterans!

The Charlevoix Commission on Aging and the Veteran's Affairs Office invite all Veterans to please join us every Tuesday for a Veteran's Social beginning at 9a and FREE Lunch for Veteran's beginning at 11:30a!

Veterans can contact the Charlevoix County Transit for FREE rides to and from the Senior Centers hosting the weekly event by calling: 582-6900!

Charlevoix Senior Center – 13513 Division Street, Charlevoix
547-3844 – Every 1st Tuesday of the Month

East Jordan Senior Center – 951 Mill Street, East Jordan
536-7831 – Every 3rd Tuesday of the Month

Boyne Area Senior Center – 411 E. Division, Boyne City
582-6682 – Every 4th Tuesday of the Month

Thank you for your patience and continued support. We will keep monitoring federal, state, and local officials and policies for your health and safety.

Emergency Shelf Stable Meals

The Charlevoix Commission on Aging is once again offering shelf stable meals to be ordered for our Congregate guests. Home Delivered Meal clients will automatically receive these meals.

There are two complete meals per box and orders will be due by August 6. Shipments will be in September and clients will be notified when they can be picked up at the Senior Centers.

Each box has a \$3.00 cost to the senior and Charlevoix County Aging adults will need to complete and order form and submit payment to receive these. The COA will cover the remainder of the costs.

Order forms can be picked up at all of our Senior Centers in Charlevoix, East Jordan and Boyne City. Beaver Island seniors can order through Lonnie at the COA office on Beaver Island.

Area Agency on Aging On-Line Workshops

Chronic Pain Path - a 6 Week On-Line Workshop: Wednesday Afternoons via Zoom 8/18/21-9/22/21 1p-3:30p - to Register call 313-833-7080. Thursday Afternoons via Microsoft Teams 8/19/21-9/30/21 1:30p-4p - to Register, call 517-592-1974

Diabetes Path - a 6 Week On-Line Workshop: Tuesday Afternoons via Microsoft Teams 8/17/21- 9/28/21 1p-3:30p - to Register call 3833-262-22000. Friday Mornings via Microsoft Teams 8/13/21-9/24/21 10a-12:30p - to Register, call 313-397-8227

Creating Confident Caregivers: Wednesday Evenings via Zoom 8/11/21-9/19/21 4p-60p - to Register call 3517-887-1418.

Powerful Tools for Caregivers: Monday Mornings via Microsoft Teams 8/2/21-9/19/21 4p-60p - to Register call 3517-887-1418.

A Matter of Balance Workshop: Wednesday Afternoons via Microsoft Teams 8/4/21-9/20/21 11a-12:30p - to Register call 833-262-2200.

Arthritis Foundation Exercise Classes: Offered Wednesday & Thursdays 10a-11a and Fridays 11a-12p - to Register email marsa@valleyaaa.org

Silver Sneakers Stability Exercise Classes: Offered Mondays 10a-11a and Tuesdays 2p-3p - to Register email marsa@valleyaaa.org

Senior Project Fresh for 2021

In an effort to limit exposure due to COVID-19, our process for Senior Project FRESH will be a little different again this year.

We will be mailing the applications, nutrition education, and coupons to eligible participants.

To be eligible to receive Senior Project FRESH coupons, you must be 60 years of age and older, be a resident of Charlevoix County, and meet the monthly income guidelines of:

Household size of 1	\$1,986 or less
Household size of 2	\$2,686 or less
Household size of 3	\$3,386 or less

When you receive your application, you must review your information for accuracy, sign, and date the back of the application. If you would like someone else to be able to shop for you, complete the proxy form also and return the application/proxy forms back to the Commission on Aging Office in the postage paid envelope provided.

When our office receives your signed application, we will then mail the Project FRESH coupons to you when the coupons become available.

Reminder: All coupons must be used by October 31, 2021.

ALL Charlevoix County Senior Center Menus

All Senior Center Locations Menu August 2021

COA Phone: 237-0103

Charlevoix Senior Center: 547-5361 East Jordan Senior Center: 536-7831

Boyer Area Senior Center: 582-6682

Monday	Tuesday	Wednesday	Thursday	Friday
2. Breaded Chicken, Bacon, Cheese Sandwich, Tater Tots, Garden Vegetables, Fruit	3. Watermelon Day Beef & Bean Burrito, Mexican Rice, Corn, Fruit <i>AM Veteran Social Baking</i>	4. Italian Flatbread Pepperoni & Ham Pizza, Side Salad with Italian Dressing, Fruit	5. Charlevoix Picnic Party Beef Chili, Beef Hot Dog & Bun, Bag of Chips, Watermelon, Cookies	6. Wiggle Your Toes Day Cook's Choice, Potato, Fresh Vegetables, Fruit
9. Book Lovers Day Pepper Steak with Mixed Colored Peppers, Onions, Seasoned Rice, Fruit	10. Lazy Day Tuna Macaroni Salad, Sliced Tomatoes, Cup of Homemade Soup, Fruit	11. Hearty Beef Stew with Stew Vegetables over a Biscuit, Fruit	12. East Jordan Picnic Party Cheese Burger, Potato Salad, Red, White & Blue Parfait	13. Left Handers Day Turkey Dinner, Mashed Potatoes & Gravy, Fresh Vegetables, Fruit
16. Tell a Joke Day Ham Carbonara Pasta with Alfredo Sauce & Green Peas, Garlic Cheese Biscuit, Fruit	17. Thrift Shop Day Porcupine Meatballs with Ground Beef, Rice & Light Tomato Sauce, Veggie Egg Roll, Fruit <i>AM Veteran Social Baking</i>	18. Garlic Boneless Chicken, Mashed Potatoes & Gravy, Fresh Vegetables, Fruit	19. Boyer Picnic Party Bratwurst, Bun, Coleslaw, Fresh Fruit Salad, Ice Cream Cup	20. Radio Day Beef Lasagna, Garlic Bread, Fresh Vegetables, Fruit
23. Cobb Salad w/Diced Chicken, Hard Boiled Egg, Blue Cheese & Bacon, Ranch Dressing, Cup of Homemade Soup, Fruit	24. Pork Roast, Scalloped Potatoes, Garden Vegetable, Fruit <i>AM Veteran Social Baking</i>	25. Kiss & Make Up Day Mom's Meat Loaf, Mashed Potatoes & Gravy, Fresh Vegetables, Fruit	26. Beaver Island Picnic Party * BBQ Chicken Drumsticks, Scalloped Potatoes, Green Beans	27. Just Because Day Cook's Choice, Seasoned Potatoes, Fresh Vegetables, Fruit
30. Toasted Marshmallow Day Chicken Teriyaki, Sliced Pineapple, Rice, Vegetable Medley	31. Eat Outside Day Baked Ziti Pasta, Marinara, Mozzarella Cheese, Garlic Bread, Fresh Yellow Squash, Fruit	* BI Party Menu will be a Hot Dog & Hamburger Cookout on BI. 26th menu is for Mainland Senior Centers.	Our Thursday Celebrating Seniors are Center Specific Picnic Parties and will replace the large gathering Senior Picnic this year.	ALL MEALS INCLUDE MILK, BREAD & BUTTER, 2 VEGGIES & A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE

ALL Charlevoix County Senior Center Activities

All Senior Center Locations Activities for August 2021

Monday	Tuesday	Wednesday	Thursday	Friday
2. C - 8:30a Coffee Hour. 9a Walkers. 1p Balloon Game E - 10a Exercise/Lou, 10:30a Bible Study, 12:30p Wii, Corn Hole Toss B - 10a Coffee Hour, 12:30p BINGO	3. C - 8:30a Coffee Hour. 9a Walkers. 9a Veteran Social , 1p Mahjong E - 10a Coffee & Crafts. 12:30p Mexican Poker B - Foot Clinic. 10a Coffee Hour. 12:30p Activity	4. C - 8:30a Coffee Hour. 9a Walkers. 1p Toss Across Game. 1p Bridge E - 10a Coffee Hour. 12:30p Card Bingo B - 10a Coffee Hour. 11a Music with Kirby. 12:30p Rummikub, Wii, Corn Hole	5. C - Foot Clinic. 8:30a Coffee Hour. 9a Walkers. 1p Mahjong. 1p Toss Across Game E - 10a Coffee Hour. 12:30p Texas Hold-em B - Commodities. 10a Coffee Hour. 12:30p Rummikub, Crafts	6. C - Wear Cowboy Hat/Boots-Lucky Buck, 8:30a Coffee Hour. 9a Walkers. 10a Crafts 10:45a Music by The Backwoods Maestros. E - Celebration Day Ice Cream Social, Wear Western Shirt-Lucky Buck, 11a Music Barry Loper. 12:30p BINGO/50-50 B - 11a \$1 in Jukebox Band, 12:30p Rummikub
9. C - 8:30a Coffee Hour. 9a Walkers. 1p Balloon Game E - 10a Exercise/Lou, 10:30a Bible Study, 12:30p Wii, Corn Hole Toss B - 10a Coffee Hour, 12:30p BINGO	10. C - 8:30a Coffee Hour. 9a Walkers. 1p Toss Across Game. 1p BINGO E - 10a Coffee & Crafts. 12:30p Mexican Poker B - 10a Coffee Hour. 12:30p BINGO	11. C - 8:30a Coffee Hour. 9a Walkers. 11:15a Music by Roger Hartson. 1p Cards. 1p Bridge E - 10a Coffee Hour. 12:30p Card Bingo B - 10a Coffee Hour. 12:30p Rummikub, Wii, Corn Hole	12. 8:30a Coffee Hour. 9a Walkers. 10:30 Hand Massages. 1p Mahjong. E - 10a EJ Advisory Board Meeting. 10a Coffee Hour. 12:30p Texas Hold-em B - Foot Clinic. 10a Coffee Hour & Crafts. 11a Music with Brad, 12:30p Rummikub, Crafts	13. C - Wear Eye Patch -Lucky Buck, 8:30a Coffee Hour. 9a Walkers. 10a Crafts E - Eye Patch-Lucky Buck, 11a Music OJ Adkins. 12:30p BINGO B - 10a Coffee Hour, 12:30p Rummikub
16. C - 8:30a Coffee Hour. 9a Walkers. 1p Sticky Axe Throwing E - 10a Exercise/Lou, 10:30a Bible Study, 12:30p Wii, Corn Hole Toss B - 10a Coffee Hour, 12:30p BINGO	17. C - 8:30a Coffee Hour. 9a Walkers. 11:30a Music by Brad Hersey. 1p Mahjong E - 9a Veteran Social . 10a Coffee & Crafts. 12:30p Mexican Poker B - 10a Coffee Hour. 12:30p BINGO	18. C - 8:30a Coffee Hour. 9a Walkers. 1p Sticky Dart Throwing. 1p Bridge E - 10a Coffee Hour. 12:30p Card Bingo B - 10a Coffee Hour. 12:30p Rummikub, Wii, Corn Hole	19. C - 8:30a Coffee Hour. 9a Walkers. 1p Mahjong. 1p Scrabble E - 10a Coffee Hour. 11:045a Hand Massages, 12:30p Texas Hold-em B - 10a Coffee Hour. 12:30p Rummikub, Crafts	20. C - Show Thrift Shop Receipt-Lucky Buck Day. 8:30a Coffee Hour. 9a Walkers. 10a Crafts E - Wear 2nd hand-Lucky Buck, 11a Music \$1 in a Juke Box, 12:30p BINGO B - 11a OJ Adkins, 12:30p Rummikub
23. 8:30a Coffee Hour. 9a Walkers. 1p BINGO E - 10a Exercise/Lou, 10:30a Bible Study, 12:30p Wii, Corn Hole Toss B - 10a Coffee Hour, 12:30p BINGO	24. C - 8:30a Coffee Hour. 9a Walkers. 1p Mahjong. E - 10a Coffee & Crafts. 12:30p Mexican Poker B - 9a Veteran Social . Foot Clinic. 10a Coffee Hour & Crafts. 12:30p BINGO	25. C - 8:30a Coffee Hour. 9a Walkers. 11a Music by Dolf. 1p Balloon Game, 1p Bridge E - 10a Coffee Hour. 12:30p Card Bingo B - 10a Coffee Hour & Crafts 12:30p Rummikub, Wii, Corn Hole	26. C - Foot Clinic. 8:30a Coffee Hour. 9a Walkers. 1p Mahjong E - 10a Coffee Hour. 12:30p Texas Hold-em B - 10:45a Hand Massages, 11a Music Brad, 12:30p Rummikub, Crafts	27. C - Bring Fishing Pole/Tackle box-Lucky Buck, 8:30a Coffee Hour. 9a Walkers. 10a Crafts E - Fishing Hat-Lucky Buck, 11a Music John Slough, 12:30p BINGO B - 11a Music Monty, 12:30p Rummikub
30. 8:30a Coffee Hour. 9a Walkers. 1p Food Talk/Recipe Exchange E - 10a Exercise/Lou, 10:30a Bible Study, 12:30p Wii, Corn Hole Toss B - 10a Coffee Hour, 12:30p BINGO	31. C - 9a Walkers. 10a Coffee Hour. 1p Mahjong E - 10a Coffee & Crafts 12:30p Mexican Poker B - 10a Coffee Hour. 12:30p BINGO	C = Charlevoix Center* 13513 Division St. E = East Jordan Center 951 Mill St. B = Boyer Area Center 411 E. Division St.	Travel Club: Call of the Wild Museum \$5 & sign up with your Site Coordinator E - 8/11 12:30p C - 8/25 12:30p B - 8/18 12:30p	All Meals are served between 11:30a-12:30pm 9a Veteran Socials are Back—Check the locations! Medicare 101 Discussion currently being planned for August Also!

Gym, Indoor and Outdoor Walking is available for our Charlevoix County Aging Adults

Charlevoix Walking Location: Charlevoix County Building Northside, 13513 Division Street, Charlevoix, MI 49720
 With the county's purchase of the old elementary school, and the Gym being part of the Senior Center, we are excited to make it available for walking again by reservation only. You must wear shoes & use walking assistance (canes, walkers, etc.) specific for indoor use only to protect the Gym floor. Gym walking will be available on the mornings that the gym is available.
 To reserve your time slot please contact Vikki at: (231) 547-3844

East Jordan Walking Location: East Jordan Senior Center, 951 Mill Street, East Jordan, MI 49727
 The EJ School Gym use is being made part of the Senior Center again this year, and we are excited to make it available for walking by reservation only. You must wear shoes & use walking assistance (canes, walkers, etc.) specific for indoor use only to protect the Gym floor. Walking will be available to Seniors from 10:30am - 11:30am only Monday through Friday.
 To reserve your time slot please contact Brenda at: (231) 536-7831

Boyer Walking Location: Boyne Area Senior Center 411 East Division St, Boyne City, MI 49712
 We are excited to make the main dining area available for indoor walking by reservation only. You must wear shoes & use walking assistance (canes, walkers, etc.) specific for indoor use only to protect the floor.
 Walking will be available to Seniors from 10:30am - 11:30am only Monday through Friday.
 To reserve your time slot please contact Loretta at: (231) 582-6682

Thank you for your patience as we slowly continue our transition back to more normal.

Medicare 101 with Dale Boehm of Boehm-Tarrent

Please join us at the following locations and times for a presentation and disucssion on Medicare 101. October is open enrollement time so get your questions answered early. Be sure to stay for a delicious lunch afterwards.

- East Jordan Senior Center is: Thursday, August TBD, 2021 at 10am**
- Boyer Area Senior Center is: Thursday, August TBD, 2021 at 10am**
- Charlevoix Senior Center is: Thursday, August TBD, 2021 at 10am**
- Beaver Island to be determined.**

Senior Center Local Travel Club:

This month Sally will be hosting a trip to the Call of the Wild Museum in Gaylord, shopping the gift shop and possibly stopping at the Dollar Store for some quick shopping on the way home. Cost of the trip per person is \$5.00 and this includes your entry ticket. Please sign up with your Senior Center Site Coordinator if you are interested in going. Be sure to join us for lunch at the Senior Centers before you go!

- East Jordan Senior Center Trip is: Thursday, August 11, 2021 at 12:30pm**
- Boyer Area Senior Center Trip is: Thursday, August 18, 2021 at 12:30pm**
- Charlevoix Senior Center Trip is: Thursday, August 25, 2021 at 12:30pm**

Beaver Island Activities and Update

Contact Lonnie at the BI COA for more information at (231) 448-2124 or Email to allenl@charlevoixcounty.org

Beaver Island Wellness Check Program

The Charlevoix County Commission on Aging and the Charlevoix County Sheriff's Department are collaborating their efforts on Beaver Island with respect to the safety and wellness of our Seniors on Beaver Island. The COA has created a program with the Sheriff's Department that will provide free, periodic wellness checks for aging residents of Beaver Island, aged sixty (60) and older due to the limited resources on the island.

Voucher Meal Program at the School

When school starts back up in the fall and we resume our lunch service.

Please call Lonnie for all the Other Beaver Island Fun May Activities planned like the Walking Club, Chair Yoga, BINGO Cornhole Games at Heritage Park, Crafts and More!

Reminder: The BI Meal Voucher Program is for Charlevoix County Tax Paying Seniors, 60 years old and older only.

Just for fun

Summer Word Search!



A T E B J E L Q C B M W J K A
 O U V L N H J X B R A J R T W
 A Y G E C Y U X X D E O A S T
 W Z I U O I Y L B G R G J B H
 D Z S P S T S U A O C U C H G
 E N U J Y T Y P E W E C E N R
 D J N L H L L N O V C I I O S
 F C G R O M B Y E P I M A U L
 T E L I Y O L Y P P M F N J G
 A B A V G D P S H I R S M Y V
 H O S X A B W C W J C G G A T
 E C S I H W I S U R G S B M U
 A F E N O H T L E A Z V D Z S
 T R S S I X Y E C A M P I N G
 V K X J A E N O I T A C A V S

August
 Camping
 Heat

Ice Cream
 July
 June

Pool
 Popsicle
 Sunglasses

Sunscreen
 Swimming
 Vacation