

**November 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



**“LIFE STARTS ALL OVER AGAIN WHEN IT GETS CRISP IN THE FALL.”**  
 ~ F. SCOTT FITZGERALD

### NOVEMBER 2021 NOTABLE DATES

- 1 **Color the World Orange Day**
- 2 **Deviled Eggs Day**
- 3 **Sandwich Day**
- 4 **Men Make Dinner Day**
- 5 **Love Your Red Hair Day**
- 6 **Saxophone Day**
- 7 **Daylight Saving Time Ends**
- 8 **Dunce Day**
- 9 **Chaos Never Dies Day**
- 10 **Forget-Me-Not Day**
- 11 **Veterans Day**
- 12 **Chicken Soup for the Soul Day**
- 13 **World Kindness Day**
- 14 **Pickle Day**
- 15 **Clean Out Your Refrigerator Day**
- 16 **Fast Food Day**
- 17 **Take A Hike Day**
- 18 **Push-Button Phone Day**
- 19 **Play Monopoly Day**
- 20 **Absurdity Day**
- 21 **Hello Day**
- 22 **Go For A Ride Day**
- 23 **Cashew Day**
- 24 **Jukebox Day**
- 25 **Thanksgiving Day**
- 26 **Black Friday**
- 27 **Small Business Saturday**
- 28 **French Toast Day**
- 29 **Square Dancing Day**
- 30 **Computer Security 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.**

## Director's CORNER

Handling the Holidays after Loss

The signs of the holiday season are ubiquitous: holiday decorations in the stores, piped in Christmas carols, holiday displays at the malls, TV programs focusing on selecting the perfect gift, holiday parties and gift exchanges at work.

In many cases, this bustle of activity contrasts markedly with the emptiness and despair of grief.

Grief is healthy, and necessary. Grieving means we acknowledge the loss, but it doesn't mean those of us left behind can stop living until it's over. In fact, it can be viewed as a time to start new traditions, while honoring the old ones. Dilemmas Associated with the Holiday Season

1. The Requirement of Cheerfulness. There is an expectation during the holidays that people should be cheerful. One mourner explained that she hated going to holiday gatherings. "I could not be cheerful and I did not want to bring other people down by being sad."

2. The Mine Field of Social Exchanges. On many occasions, the innocent remarks of others may put a knife through the mourner's heart. Shortly after the death of their son, the parents attended a holiday dinner hosted by the boy's grandparents. The host began the meal with a blessing, "Thank you for bringing the whole family together." The father was so distressed by this remark that he left the table.

3. The Complexity of Decisions. Bereaved individuals must navigate a difficult path in deciding how to handle decisions about family activities and rituals. As one mourner indicated, "I was not sure whether I should hang my son's stocking or not. I



decided to hang it, because after all he is my son. But my husband thought that this was not a good idea. He told me that I was 'in denial.'

4. The Ambush. During the holidays, mourners are often hit by powerful feelings that are evoked by some reminder of the loss. Consequently, they experience what Noel and Blair (2000) have called "the ambush." As one mother explained, "I was taking out the Christmas ornaments and I came across an ornament that Timmy had made in kindergarten last year. It had his hand print on it. I dissolved into tears."

Although natural and normal, such experiences are often frightening in their intensity. There's no "right" way to cope with such a loss. Some choose to skip the holidays, which is difficult because we're surrounded by holiday music, messages and events. Others try to celebrate just as if their loved one is still there, which can make the person's absence even more painful.

It's important to know there are local, professional resources that are capable of helping you during a painful time. Even though you didn't choose the circumstances that are leading you to grieve, you have a choice in how you respond to your grief.

## 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, CFCIS  
 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, Zack & 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, Leonard, Nate Food Service & HD Meals  
 951 Mill Street, East Jordan, MI 49727  
 231-536-7831

Gretchen, 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](http://www.charlevoixcounty.org/Commission_on_Aging) or our Facebook page "Charlevoix County Commission on Aging"



## 2021-22 SENIOR RESIDENTIAL SNOW REMOVAL PROGRAM IS OPEN FOR ENROLLMENT!

This program provides limited support for Snow Removal through an income qualifying voucher system only for seniors, 60 years of age and older, who are full-time Charlevoix County residents/homeowners.

**VOUCHERS:** Each Voucher holds a value of \$40.00. The number of vouchers issued to the household is dependent upon the 2021 Federal Poverty Guidelines (See Boxed Information Below). Proof (i.e. latest Income Tax Reporting Form 1040 or 1040A) of total household income is required. Once the COA receives a completed Snow Removal Self Declaration Form, proof of residency, and proof of income, vouchers will be mailed to the qualified participating senior household.

**ENROLLMENT:** Enrollment begins Monday, October 18, 2021 & ends on Friday, December 31, 2021 or until the budget has been expended.

### Program Rules:

Program starts November 1, 2021 and ends March 31, 2022.

Participating contractors will be required to complete a W9 before payment of services unless the County already has one on file.\*

Seniors 60 years or older who are full-time Charlevoix County residents/homeowners must complete the Snow Removal Self Declaration Form, return it to the Charlevoix County COA along with the latest Income Tax Reporting Form 1040 or 1040A as proof of total household income and proof of residency in the form of a copy of property taxes or rental agreement. Verbal agreements are not valid.

Number of vouchers awarded will be dependent upon the 2021 Federal Poverty Guidelines and the Commission on Aging's Sliding Voucher Scale outlined below.

Any lost, stolen or misplaced vouchers are the sole responsibility of the participating senior household and there will NOT be any replacement vouchers issued by the Charlevoix County Commission on Aging.

#### 2021 Federal Poverty Guidelines and Voucher Allotment

Family Size	Baseline	150% of Baseline	200% of Baseline	300% of Baseline	Above 300% of Baseline
1	\$12,880 or below	\$12,881 to \$19,320	\$19,321 to \$25,760	\$25,761 to \$38,640	More than \$38,640
2	\$17,420 or below	\$17,421 to \$26,130	\$26,131 to \$34,840	\$34,841 to \$52,260	More than \$52,260
Vouchers	5	4	3	2	1

Persons knowingly providing false information related to total household income or residency will have services discontinued and will be requested to repay COA for monies spent on their services.

Vouchers can be used towards snow removal (Shoveling, Snow blowing or Snowplowing) costs between 11/1/21 – 3/31/22 by any contractor the senior chooses and towards any bill for services that the senior chooses within that time period.

The participating senior must include the vouchers with the contractor's bill and submit it to the Charlevoix County COA for payment directly to the contractor for the amount of the Vouchers included. Any snow removal cost above and beyond the voucher amount is the responsibility of the senior.

The COA will not be responsible for any liability or property damage associated with snow removal or any costs above and beyond the provided vouchers value that is accrued by the participating senior.

### Senior Centers are still CLOSED

ALL of the Senior Centers, Charlevoix, East Jordan and Boyne Area are CLOSED to the public at this time due to the continued High Transmission Rate of COVID 19 and high positivity rate. We will keep you posted when we reopen and when the activities that are currently on the November Calendar begin again.

We are still providing all of our regular services, just a bit differently again.

Please be patient with us. We are trying to protect both our staff and our aging adults. If we have no staff to provide our services to our aging adults because they are sick, our aging adults suffer twofold.

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

#### BUT....WE HAVE STARTED TO ADD IN SOME VERY LIMITED ACTIVITIES WITH SPECIAL PARTICIPATION CONSIDERATIONS IN AN EFFORT TO HELP BATTLE ISOLATION AND LONLINESS IN OUR AGING ADULTS

**In-person Activities will be done by reservation only  
Mask will be mandatory to participate with In-person Activities**

**Various Options provided that are site dependent are:**

Physical Exercise: Pickle Ball, Tai Chi, Yoga, Chair Yoga, Exercise, Walking

Entertainment Activities: Bible Study, Bridge, Monjong, Crafts, Mexican Poker, Card Bingo, Texas Hold-em, Bingo, Rummikub, Farkle, Rollzee

Please Contact your Site Coordinator for dates and times of these special Participation Activities.

Charlevoix Senior Center Participants, to reserve your time slot please contact Vikki at: (231) 547-3844

East Jordan Senior Center Participants, to reserve your time slot please contact Brenda at: (231) 536-7831

Boyne Area Senior Center Participants, to reserve your time slot please contact Loretta at: (231) 582-6682

**Should we be able to safely open the Senior Centers during the month of November the Activity Calendar is**

### 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

Boyne 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.**

# ALL Charlevoix County Senior Center Menus

## All Senior Center Locations Menu November 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
1. <b>Color the World Orange Day</b> BBQ Wings, Macaroni & Cheese, Garden Vegetables, Fruit	2. Pepper Steak with Colored Peppers, Seasoned Rice, Fruit <i>AM Veteran Social Baking</i>	3. <b>Sandwich Day</b> Open Faced Turkey Sandwich & Gravy, Au Gratin Potatoes, Seasonal Vegetables, Fruit	4. Smothered Chicken Breast, Onions & Mushrooms, Mashed Potatoes & Gravy, Vegetables, Fruit	5. <b>Love Your Red Hair Day</b> Tuna Noodle Casserole w/ Fried Onions, Green Peas, Fruit
8. <b>Dunce Day</b> Grilled Chicken Cordon Blue Sandwich, Sliced Ham, Swiss, Sweet Potato Fries, Vegetables, Fruit	9. Homemade Beef Lasagna, Garlic Bread, Vegetables, Fruit <i>AM Veteran Social Baking</i>	10. <b>Forget Me Not Day</b> Kielbasa & Sauerkraut, Potato & Cheese Pierogi, Vegetable Medley, Fruit	11. <b>Veteran's Day Celebration</b> Roast Beef, Mashed Potatoes & Gravy, Fresh Vegetables, Apple Crisp	12. Cook's Choice, Potato, Fresh Vegetables, Fruit
15. Bacon Cheeseburger, Tater Tots, Mixed Vegetable Fruit	16. <b>Fast Food Day</b> Roast Pork Loin, Pork Gravy, Scalloped Potatoes, Fresh Vegetable, Fruit	17. <b>Take a Hike Day</b> Beef Stroganoff over Pasta, Fresh Vegetable, Fruit	18. Crab Cakes or Breaded Chicken Breast w/Alfredo Sauce, Rice, Mixed Vegetables, Fruit	19. <b>Thanksgiving Celebration</b> Roast Turkey, Stuffing, Gravy, Green Bean Casserole, Homemade Cranberries, Pumpkin Dessert
22. <b>Go for a Ride Day</b> Ham & Pineapple, Sweet Potatoes, Garden Vegetables, Fruit	23. Baked Spaghetti, Meat Sauce, Cheese, Garlic Cheese Biscuit, Fresh Vegetable, Fruit <i>AM Veteran Social Baking</i>	24. <b>Jukebox Day</b> Cook's Choice, Potato, Fresh Vegetables, Fruit	25. <b>CLOSED FOR THE THANKSGIVING HOLIDAY—Happy Thanksgiving!</b>	26. <b>CLOSED FOR THE THANKSGIVING HOLIDAY</b>
29. Baked Potato w/ Broccoli, Cheese Sauce, Chicken Chili, Fruit	30. Breakfast Sausage Casserole w/ Green Pepper, Onion, Eggs, Hashbrowns & Cheese, Yogurt Cup, Fruit <i>AM Veteran Social Baking</i>	ALL MEALS INCLUDE MILK, BREAD & BUTTER, 2 VEGGIES & A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE	If Centers are Closed there will be no Veteran Social Baking.	We are now serving <b>HOMEMADE SOUPS 3 days a week again.</b>

# ALL Charlevoix County Senior Center Activities

## All Senior Center Locations Activities for November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1. C - 8:30a Coffee Hour. 9a Walkers. 1p Bridge E - 10:15a Exercise/Lou or 10:30a Gym Walking, 10:30a Bible Study, 12:30p Wii, Corn Hole Toss B - 9:30a Coffee Hour, 10:30a Walking, 12:30p BINGO	2. C - 8:30a Coffee Hour. 9a Veteran Social. 9a Walkers. 1p Mahjong E - 10:30a Gym Walking, 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker B - Foot Clinic. 9:30a Coffee Hour, 10:30a Walking, 12:30p BINGO	3. C - 8:30a Coffee Hour. 9a Walkers. 10:30a Chair Yoga, 1p Bridge, Open Velcro Axe Throw E - 10a Coffee Hour. 10:30a Gym Walking, 12:30p Card Bingo B - 9:30a Coffee Hour, 10:30a Walking, 11a Music with Kirby, 12:30p Corn Hole	4. C - Foot Clinic. 8:30a Coffee Hour. 9a Walkers. 1p Mahjong. E - 10a Coffee Hour. 10:30a Gym Walking, 12:30p Texas Hold-em B - 9:30a Coffee Hour, 10:30a Walking, 12:30p Rummikub, Crafts	5. C - 8:30a Coffee Hour. 9a Walkers. 1p Crafts E - Wear RED-Lucky Buck, 10:30a Gym Walking, 11a Music Barry Loper. 12:30p BINGO/Meal Ticket B - 9:30a Coffee, 10:30a Walking, 11a \$1 in Jukebox Band, 12:30p Rummikub, Farkle, Rollzee
8. C - 8:30a Coffee Hour. 9a Walkers. 1p Bridge E - 10:15a Exercise/Lou or 10:30a Gym Walking, 10:30a Bible Study, 12:30p Wii, Corn Hole Toss B - 9:30a Coffee Hour, 10:30a Walking, 12:30p BINGO	9. C - 8:30a Coffee Hour. 9a Walkers. 1p Mahjong, Open BINGO E - Foot Clinic. 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker B - 9:30a Coffee Hour, 10:30a Walking, 12:30p BINGO	10. C - 8:30a Coffee Hour. 9a Walkers. 11:30a Keyboard Guy, 1p Bridge E - 10a Coffee Hour., 10:30a Gym Walking, 12:30p Card Bingo B - 9:30a Coffee Hour, 10:30a Walking, Rummikub, Corn Hole	11. C - 8:30a Coffee Hour. 9a Walkers. 10:30a Hand Massages, 1p Mahjong. E - 10a Coffee Hour, 10:30a Gym Walking, 12:30p Texas Hold-em B - Foot Clinic. 9:30a Coffee Hour, 10:30a Walking, 11a Music with Brad Hersey 12:30p Rummikub, Crafts	12. C - 8:30a Coffee Hour. 9a Walkers. 11:30a Music—Brad Hersey, 1p Crafts E - Wear RED-Lucky Buck, 10:30a Gym Walking, 11a Music OJ Adkins. 12:30p BINGO/50-50 B - 9:30a Coffee Hour, 10:30a Walking, 11a Karoke Fun, 12:30p Rummikub, Farkle, Rollzee
15. C - 8:30a Coffee Hour. 9a Walkers. 1p Bridge E - 10:15a Exercise/Lou or 10:30a Gym Walking, 10:30a Bible Study, 12:30p Wii, Corn Hole Toss B - 9:30a Coffee Hour, 10:30a Walking, 12:30p BINGO	16. C - Foot Clinic. 8:30a Coffee Hour. 9a Walkers. 11:30a Music—Roger Hartson. 1p Mahjong E - 9a Veteran Social. 10a Coffee & Crafts., 10:30a Gym Walking, 12:30p Mexican Poker B - 9:30a Coffee Hour, 10:30a Walking, 12:30p BINGO	17. C - 8:30a Coffee Hour. 9a Walkers. 1p Bridge, Open Toss Across E - 10a Coffee Hour. 12:30p Card Bingo B - 9:30a Coffee Hour, 10:30a Walking, 12:30p Rummikub, Corn Hole	18. C - 8:30a Coffee Hour. 9a Walkers. 1p Mahjong. E - Foot Clinic 10a Coffee Hour. 10:30a Gym Walking, 10:45a Hand Massages, 12:30p Texas Hold-em B - 9:30a Coffee Hour, 10:30a Walking, 11a Paul Ferris Music, 12:30p Rummikub, Crafts	19. C - 8:30a Coffee Hour. 9a Walkers. 11:30a Dolph, 1p Crafts E - Wear RED-Lucky Buck, 10:30a Gym Walking, 11a Music \$1 in a Juke Box, 12:30p BINGO/50-50 B - 9:30a Coffee Hour, 10:30a Walking, 11a OJ Adkins, 12:30p Rummikub, Farkle, Rollzee
22. 8:30a Coffee Hour. 9a Walkers. 1p Bridge, Open Balloon Game E - 10:15a Exercise/Lou or 10:30a Gym Walking, 10:30a Bible Study, 12:30p Wii, Corn Hole Toss B - 9:30a Coffee Hour, 10:30a Walking, 12:30p BINGO	23. C - 8:30a Coffee Hour. 9a Walkers. 11:30a Brad Hersey Music, 1p Mahjong. E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker B - Foot Clinic 9a Veteran Social. 9:30a Coffee Hour, 10:30a Walking, 12:30p BINGO	24. C - 8:30a Coffee Hour. 9a Walkers. 1p Giving Tree, 1p Bridge E - 10a Coffee Hour, 10:30a Gym Walking, 12:30p Card Bingo B - 9:30a Coffee Hour, 10:30a Walking, 12:30p Rummikub, Corn Hole	<b>All Centers are CLOSED for the Thanksgiving Holiday.</b>  <b>Happy Thanksgiving!</b>	<b>All Centers are CLOSED for the Thanksgiving Holiday.</b>
29. 8:30a Coffee Hour. 9a Walkers. 1p Bridge E - 10:15a Exercise/Lou or 10:30a Gym Walking, 10:30a Bible Study, 12:30p Wii, Corn Hole Toss B - 9:30a Coffee Hour, 10:30a Walking, 12:30p BINGO	30. C - 9a Walkers. 10a Coffee Hour. 1p Mahjong E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker B - 9:30a Coffee Hour, 10:30a Walking, 12:30p BINGO	C = Charlevoix Center* 13513 Division St. E = East Jordan Center 951 Mill St. B = Boyne Area Center 411 E. Division St.	Activities are subject to the Senior Centers Being OPEN. As of this early printing, all Senior Centers are CLOSED to the Public.	Curbside Activities, Education and Fun will be planned if the Senior Centers are still CLOSED due to the Current Pandemic Situation.

## Open Enrollment has begun for Medicare and Medicaid!

**Michigan Medicare/Medicaid Assistance Program (MMAP), Inc. partners with the Charlevoix County Commission on Aging to provide this service for you!**

MMAP, Inc. is a FREE Health-benefit counseling service. Our goal is to help you find your way through the health benefits maze. A MMAP Counselor can help identify and apply for programs to help you save money on your Medicare costs, review your Medicare plan, and answer your Medicare questions.

There are programs that may be able to help if you are struggling to afford the costs of your Medicare Health Care and prescription medications.

There are \$0.00 premium programs if you are both Medicare and Medicaid dual enrolled.

There are programs that help with Dental costs such as Dentures, Hearing costs such as Hearing Aids, and Personal Emergency Response Services.

The added bonus as these programs can be changed annually to best fit your current needs!

Please contact Kevin Clements at the Commission on Aging office at 231-237-0103 to set up an appointment. Due to the current Covid Pandemic Status we are providing this process over the phone and via drop off and pick up - it is actually saving you time too.

### COA Senior Center Advisory Committee Meetings

These will resume at their regular dates and times when the Senior Centers are OPEN to the Public again and when we are once again able to eat together in a Congregate Setting.

Until then please feel free to contact the COA Office with any positive suggestions, comments, concerns or questions.

### Monthly Birthday Ice Cream Social Celebrations

These will resume at their regular dates and times when the Senior Centers are OPEN to the Public again and when we are once again able to eat together in a Congregate Setting.

## Beaver Island Activities and Update

**Contact Lonnie at the BI COA for more information at (231) 448-2124 or Email to [allen@charlevoixcounty.org](mailto:allen@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 we will resume our lunch service.

Please call Lonnie for all the Other Beaver Island Fun November Activities planned like the Walking Club, Chair Yoga, BINGO, Coffee and Connect, Cornhole Games at Heritage Park, Crafts and More! All events are tentative due to current COA Covid restrictions.

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

## Just for fun

# FALL WORD SEARCH



- |           |           |          |           |              |
|-----------|-----------|----------|-----------|--------------|
| acorns    | cobweb    | harvest  | October   | seasons      |
| apples    | corn      | hayride  | orange    | September    |
| autumn    | Fall      | jackets  | pumpkin   | squash       |
| bonfire   | festivals | leaves   | quilt     | squirrel     |
| brown     | foliage   | maize    | rake      | sweaters     |
| chestnuts | football  | migrate  | red       | Thanksgiving |
| chilly    | gourds    | November | scarecrow | wagons       |
| cider     | green     | nuts     | scenic    | yellow       |