

May 2022

# 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

### MAY 2022 NOTABLE DATES

- 1 *May Day*
- 2 *Brothers and Sisters Day*
- 3 *Two Different Colored Shoes Day*
- 4 *Star Wars Day*
- 5 *Cinco de Mayo Day*
- 6 *No Diet Day*
- 7 *Kentucky Derby Day*
- 8 *Mother's Day*
- 9 *Lost Sock Day*
- 10 *Clean Your Room Day*
- 11 *Eat What You Want Day*
- 12 *Nutty Fudge Day*
- 13 *Apple Pie Day*
- 14 *Dance Like A Chicken Day*
- 15 *Chocolate Chip Day*
- 16 *Mimosa Day*
- 17 *Pack Rat Day*
- 18 *No Dirty Dishes Day*
- 19 *Devil's Food Cake Day*
- 20 *Bike-to-Work Day*
- 21 *Armed Forces Day*
- 22 *Buy A Musical Instrument Day*
- 23 *Lucky Penny Day*
- 24 *Scavenger Hunt Day*
- 25 *Wine Day*
- 26 *Paper Airplane Day*
- 27 *Sunscreen Day*
- 28 *Hamburger Day*
- 29 *Put A Pillow On Your Fridge Day*
- 30 *Memorial Day*
- 31 *Smile 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.



“IN THE SPRING, AT THE END OF THE DAY,  
 YOU SHOULD SMELL LIKE DIRT.”  
 ~ MARGARET ATWOOD

## Director's CORNER

Older Americans' Cyber-crime Losses Soared to \$3 Billion in 2021

Romance, tech support scams drive rising cost of online fraud, FBI data shows Cybercrime reported to the FBI cost Americans 50 and older nearly \$3 billion last year, a 62 percent increase from 2020, according to data from the bureau.

The steep rise in dollar losses came despite a drop in incidents reported by older adults to the FBI's Internet Crime Complaint Center (IC3). Older adults continue to bear the heaviest cost from online crime, though, with an average loss per incident of \$17,662 for people 50 and up, compared with \$10,166 for younger adults.

Another key finding: Older victims in tech support, romance and other scams are increasingly being asked to pay in cryptocurrency. Virtual currencies such as Bitcoin, Ethereum, Litecoin and Ripple are "becoming the preferred payment method for all types of scams," the FBI warns.

Fraud losses in which cryptocurrency was a factor, as a scam subject or a medium for payment, leaped from about \$55 million in 2020 to more than \$241 million last year. Crypto is now "extremely pervasive in investment scams, where losses can reach into the hundreds of thousands of dollars per victim," the report states.

Investment fraud generally — whether involving cryptocurrency, Ponzi and pyramid schemes, or old-school stock scams — was also more pervasive in 2021, siphoning \$239.5 million from Americans age 60-plus, more than in the previous two years combined, according to the IC3.

These were also among the costliest fraud types last year targeting those ages 60 and up.



- Real estate and rental fraud (\$102.1 million in losses from 1,764 cases)
- Government impostor scams (\$69.2 million, 3,319 cases)
- Identity theft (\$59 million, 8,902 cases)
- Lottery, sweepstakes and inheritance scams (\$53.6 million, 2,607 cases)
- Online shopping scams (\$52 million, 13,220 cases)

FBI Top Tips to Prevent Cybercrime

- Resist pressure to act quickly. Scammers seek to create a sense of urgency or fear to spur immediate action.

- Don't provide personally identifiable information or make payments to someone you have only met online.

- Keep antivirus and security software on your devices up to date. If you get a suspicious pop-up or locked screen, immediately disconnect from the internet and turn off the device.

- Do not open emails or click on attachments or links you do not recognize or were not expecting.

- Research online and social media ads before purchasing any advertised items to determine if a product or company is legitimate.

- Stop communicating with the perpetrators, even if, as is likely, they continue trying to make contact.

If you encounter an online scam, report it to the FBI's Internet Crime Complaint Center and contact your local FBI field office. You can also get help from the U.S. Department of Justice's National Elder Fraud Hotline (833-372-8311).

Source: FBI & AARP

## COA Information

**COA Office**  
 13513 Division 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, CFCS  
 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, Cathy Kessler, Sharon Misiak, Secretary/Treasurer, Janet Kalbfell;  
 Shirley Roloff, Board Liaison

**Many wonderful Volunteers in all aspects of our services!**

**Beaver Island COA Office:**  
**Open M-F 8a-4p**  
 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**  
 TBD, Site Coordinator  
 Gretchen, Bridget, TBD  
 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, TBD 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, Star, Nate Food Service & HD Meals  
 951 Mill Street, East Jordan, MI 49727  
 231-536-7831

**\*\*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"



## **Charlevoix County Senior Centers are gradually moving back towards a more normal experience!**

Masks ARE STILL recommended but not mandatory.

We will continue to ask that those not feeling well or who are sick to please NOT come into the Senior Centers & if you do, please know you will be asked to leave to protect our Aging Adults and the Staff who serve you!

Take Out is available for those still not wanting to dine in.

We have added back our second menu option each week.

We are once again highlighting Michigan In Season Fresh Fruits and Vegetables.

We will start Wednesday Night dinners June 1, 2022.

We are transitioning back to regular plates, glasses, coffee cups and utensils.

Soups, Salads, Fruit and Bread are offered as side options. Soups will be served on Tuesdays and Fridays. Dinner Salads Mondays and Wednesdays and a Specialty Salad on Thursdays.

While we were closed we were able to purchase some new games such as Corn Hole, Toss a Cross, Inflatable velcro axe toss, and other fun activities that can be used inside or out. Just ask your Site Coordinator if you are interested.

Some of our Senior Centers are short staffed so we are doing the best we can with less support. Please be patient and kind. Finding staff is a challenge all over Northern Michigan and we can only do what we can with what we have.

### **Join the Better Business Bureau for a Senior Event at our Senior Centers! The Red Flags of Fraud**

Scam artists use highly effective tactics to target and influence victims. Do you know what to watch for and how to avoid becoming a victim? The Better Business Bureau Educational Foundation will help you identify the tricks used by scammers so you can spot the Red Flags of Fraud.

Charlevoix Senior Center: May 4, 2022 11:30am  
Boyer Area Senior Center: May 11, 2022 11:30am  
East Jordan Senior Center: May 18, 2022 11:30am

### **Lunch & Learn Presentation by Lisa Clavier of Kiersten's Ride**

May is National Mental Health Awareness month. Suicide is an important problem among older adults. Suicide rates are particularly high among older men, with men ages 85 and older having the highest rate of any group in the country. Suicide attempts by older adults are much more likely to result in death than among younger persons. Reasons include:

- Older adults plan more carefully and use more deadly methods.
- Older adults are less likely to be discovered and rescued.
- The physical frailty of older adults means they are less likely to recover from an attempt.

We are honored to have Lisa Clavier from Kiersten's Ride speaking about Suicide Awareness at the Charlevoix Senior Center on Wednesday, May 25, 2022 at 11:30am.

She along with a Veterans Affairs representative will also be discussing mental health issues with respect to our Veterans.

### **Local TRAVEL CLUB!**

**You Asked For It...You Got It...**

**A trip to the Call of the Wild Museum and Gift Store in Gaylord with a Picnic Lunch**

**Cost of the trip is \$6.00 which includes your picnic lunch and your ticket in. Plan on your own spending money. Please sign up with your Senior Center Site Coordinator.**

**Trips are scheduled to leave from:**

**Boyer Area Senior Center - Wednesday, May 11**  
**East Jordan Senior Center - Wednesday, May 18**  
**Charlevoix Senior Center - Wednesday, May 25**

### **Charlevoix Area Caregiver Support Group - Free & Open to ALL Caregivers**

Presented by the Alzheimer's Association of Michigan and Facilitated by trained staff of the Charlevoix County Commission on Aging.

Build a support system with people who understand.  
Develop a support system.

Exchange practical information on challenges and possible solutions.  
Talk through issues and ways of coping.  
Share feelings, needs and concerns.  
Learn about community resources.

Meeting in person at the Charlevoix Senior Center - Conference Room  
The Second Thursday of the month from 1pm - 2:30p

Please call Sheri at (231) 237-0103 for more information or if you are interested in attending.

# ALL Charlevoix County Senior Center Menus

## All Senior Center Locations Menu May 2022

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. <b>Brothers &amp; Sisters Day</b> Baked Potato with Cheese, Beef Chili, Sour Cream Fruit	3. Cheese Tortellini tossed with Fresh Tomatoes & Pesto, Buttermilk Biscuit, Fruit <i>AM Veteran Social &amp; Baking</i>	4. BBQ Salmon, Baked Beans, Fresh Vegetable, Fruit	5. <b>Cinco De Mayo</b> Taco Kit—Lettuce, Tomato, Cheese, Taco Meat, Rice, Flour Tortillas, Fruit	6. <b>Mother's Day Celebration</b> Ham & Cheese Quiche, Broccoli Salad, Strawberry Shortcake
9. <b>Lost Sock Day</b> Turkey Bacon Melt, Wedge Fries, Garden Vegetable, Fruit	10. Creamy Chicken, Spatzle, Carrots, Celery & Onions, Fresh Baked Bread & Butter, Fruit <i>AM Veteran Social &amp; Baking</i>	11. <b>Eat What You Want</b> Day Roast Pork Loin with Gravy, Scalloped Potatoes, Asparagus, Fruit	12. Liver & Onions or Breaded Garlic Chicken Breast, Mashed Potatoes, Gravy, Garden Vegetables, Fruit	13. <b>Cook's Choice</b> , Potato, Fresh Vegetable, Fruit
16. Sloppy Joe with Cheese, Sweet Potato Fries, Garden Vegetable, Fruit	17. <b>Pack Rat Day</b> Ham Carbonara, Creamy Alfredo, Fresh Broccoli, Pasta, Fruit <i>AM Veteran Social &amp; Baking</i>	18. <b>No Dirty Dishes Day</b> Tropical Chicken Breast — Topped with Fresh Pineapple Salsa, Cilantro Rice, Garden Vegetable	19. Beef Tips with Mushroom & Onion Gravy, Mashed Potatoes, Vegetable Medley, Fruit	20. <b>Bike to Work Day</b> Breaded Chicken Parmesan, Pasta Marinara, Vegetable Medley, Fruit
23. <b>Lucky Penny Day</b> Meatball Sub, Tomato Sauce & Cheese, Tater Tots, Vegetable Medley, Fruit	24. Vegetable Lasagna, Garlic Bread, Fruit <i>AM Veteran Social &amp; Baking</i>	25. <b>Wine Day</b> Ground Sirloin, Mushroom Gravy, Mashed Potatoes, Asparagus, Fruit	26. Teriyaki Pulled Pork, Seasoned Rice, Sesame Snap Peas, Fruit	27. <b>Sunscreen Day</b> Cook's Choice, Potato, Fresh Vegetable, Fruit
30. <b>MEMORIAL DAY</b> No Meal Service as ALL Senior Centers & COA Offices are CLOSED.	ALL MEALS INCLUDE MILK, BREAD & BUTTER, 2 VEGGIES & A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE <i>MI Asparagus Month Served 5/11 &amp; 5/25</i>	<b>Weekly Alternative Meals:</b> 4/2-4/6: Chicken Salad on a Croissant 4/9-4/13: Roast Beef & Cheddar Wrap	<b>Weekly Alternative Meals:</b> 4/16-4/20: Tuna Melt with Tomato 4/23-4/27: Chicken Caesar Salad	We will be providing soups a few days a week until summer.

## ALL SENIOR CENTER LOCATIONS ACTIVITIES SUBJECT TO CHANGE WITHOUT NOTICE

### All Senior Center Locations Activities for May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
2. C - 9a Coffee Talk, 9a Walkers, 1p Bridge/Games/Puzzles, 3:30p Beginners Pickleball E - 10:45a Exercise/Lou or 10:30a Gym Walking, 12:30p Wii, Corn Hole Toss, Card Choice B - 9a Seniorcise, 10a Line Dancing, 10:30a Coffee Hour, 12:30p BINGO	3. C - 9a Coffee Talk, 9a Walkers, 1p Mahjong, 1p Games/Puzzles, 1:30p Pickleball, 4:30p Yoga E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker B - Foot Clinic, 10a Wii Bowling, 10a Coffee Hour, 11a Tai Chi, 12:30p BINGO	4. C - 8:30a Yoga, 9a Coffee Talk, 9a Walkers, 9:45a Chair Yoga, 11:30 BBB Fraud Red Flags, 1p Bridge/Games/Puzzles E - 10a Coffee Hour, 10:30a Gym Walking, 12:30p Card Bingo B - 9a Seniorcise, 10a Wii Bowling, 10a Coffee Hour, 12:30p Rummikub, Mexican Train Dominos	5. C - Foot Clinic, 9a Coffee Talk, 9a Walkers, 11a Stroke Awareness Presentation & Screenings, 1p Any Games/Puzzles, 1p Mahjong, 1:30p Pickleball E - 9a Hair Cuts, 10a Coffee Hour, 10:30a Gym Walking, 12:30p Texas Hold-em or Cards B - 9a Seniorcise, 10:30a Coffee Hour, 12:30p Euchre/Yahtzee, Rummikub	6. C - 9a Coffee Talk, 9a Walkers, 10a Crafts, 1p Any Games/Puzzles, 1:30p Pickleball E - Lucky Buck, 10:30a Gym Walking, 11a Music Barry Loper, 12:30p Card BINGO B - 9a Seniorcise, 10a Coffee Hour, 11a \$1 in a Juke Box, 12:30p Corn Hole, Yahtzee, Rummikub
9. C - 9a Coffee Talk, 9a Walkers, 1p Bridge/Games/Puzzles, 3:30p Beginners Pickleball E - 10:45a Exercise/Lou or 10:30a Gym Walking, 12:30p Wii, Corn Hole Toss, Card Choice B - 9a Seniorcise, 10a Line Dancing, 10:30a Coffee Hour, 12:30p BINGO	10. C - 9a Coffee Talk, 9a Walkers, 1p Mahjong, 1p Games/Puzzles, 1:30p Pickleball, 4:30p Yoga E - Foot Clinic, 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker B - 9a Seniorcise 10a Wii Bowling, 10:30a Coffee Hour, 11a Tai Chi, 12:30p BINGO	11. C - 8:30a Yoga, 9a Coffee Talk, 9a Walkers, 9:45a Chair Yoga, 1p Bridge/Games/Puzzles E - 10a Coffee Hour, 10:30a Gym Walking, 12:30p Card Bingo B - 9a Seniorcise, 10a Coffee/Crafts Hour, 10a Wii Bowling, 12:30p Rummikub	12. C - 9a Coffee Talk, 9a Walkers, 9:30a Tai Chi, 1p Any Games/Puzzles, 1p Mahjong, 1:30p Pickleball E - 10a Coffee Hour, 10:30a Gym Walking, 12:30p Texas Hold-em or Cards B - Foot Clinic, 9a Seniorcise, 10:30a Coffee Hour, 12:30p Euchre/Yahtzee, Rummikub	13. C - 9a Coffee Talk, 9a Walkers, 10a Crafts, 1p Any Games/Puzzles, 1:30p Pickleball E - Lucky Buck, 10:30a Gym Walking, 11a Music OJ Adkins, 12:30p Card BINGO B - 9a Seniorcise, 10a Coffee Hour, 11a Music, 12:30p Corn Hole, Yahtzee, Rummikub
16. C - 9a Coffee Talk, 9a Walkers, 1p Bridge/Games/Puzzles, 3:30p Beginners Pickleball E - 10:45a Exercise/Lou or 10:30a Gym Walking, 12:30p Wii, Corn Hole Toss, Card Choice B - 9a Seniorcise, 10a Line Dancing, 10:30a Coffee Hour, 12:30p BINGO	17. C - Foot Clinic, 9a Coffee Talk, 9a Walkers, 1p Mahjong, 1p Games/Puzzles, 1:30p Pickleball, 4:30p Yoga E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker B - 9a Seniorcise, 10a Coffee Hour, 11a Tai Chi, 12:30p BINGO	18. C - 8:30a Yoga, 9a Coffee Talk, 9a Walkers, 9:45a Chair Yoga, 10:30 Hand Massages, 1p Bridge/Games/Puzzles E - 10a Coffee Hour, 10:30a Gym Walking, 12:30p Card Bingo B - 9a Seniorcise, 10a Coffee/Crafts Hour, 10a Wii Bowling, 11a Music Paul Ferris, 12:30p Rummikub	19. C - 9a Coffee Talk, 9a Walkers, 9:30a Tai Chi, 11:30a Music by Brad Hersey, 1p Any Games/Puzzles, 1p Mahjong, 1:30p Pickleball E - Foot Clinic, 10a Coffee Hour, 10:30a Gym Walking, 10:45a Hand Massages, 12:30p Texas Hold-em or Cards B - 9a Seniorcise, 10:30a Coffee Hour & Hand Massages, 12:30p Euchre/Yahtzee, Corn Hole, Rummikub	20. C - 9a Coffee Talk, 9a Walkers, 10a Crafts, 1p Any Games/Puzzles, 1:30p Pickleball E - Lucky Buck, 10:30a Gym Walking, 11a Music \$1 in a Juke Box, 12:30p Card BINGO B - 9a Seniorcise, 10a Coffee Hour, 11a Music, 12:30p Corn Hole, Yahtzee, Rummikub
23. C - 9a Coffee Talk, 9a Walkers, 1p Bridge/Games/Puzzles, 3:30p Beginners Pickleball E - 10:45a Exercise/Lou or 10:30a Gym Walking, 12:30p Wii, Corn Hole Toss, Card Choice B - 9a Seniorcise, 10a Line Dancing, 10:30a Coffee Hour, 12:30p BINGO	24. C - 9a Coffee Talk, 9a Walkers, 1p Mahjong, 1p Games/Puzzles, 1:30p Pickleball, 4:30p Yoga E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker B - Foot Clinic, 9a Seniorcise, 10a Coffee Hour, 11a Tai Chi, 12:30p BINGO	25. C - 8:30a Yoga, 9a Coffee Talk, 9a Walkers, 9:45a Chair Yoga, 11:30 Music w/ Dolf, 1p Bridge/Games/Puzzles E - 10a Coffee Hour, 10:30a Gym Walking, 12:30p Card Bingo B - 9a Seniorcise, 10a Coffee/Crafts Hour, 10:30a Stroke Awareness & Screening, 11a Paul Ferris, 12:30p Rummikub	26. C - 9a Coffee Talk, 9a Walkers, 9:30a Tai Chi, 1p Any Games/Puzzles, 1p Mahjong, 1:30p Pickleball E - 10a Coffee Hour, 10:30a Gym Walking, 12:30p Texas Hold-em or Cards B - 9a Seniorcise, 10:30a Coffee Hour, 12:30p Euchre/Yahtzee, Corn Hole, Rummikub	27. C - 9a Coffee Talk, 9a Walkers, 10a Crafts, 1p Any Games/Puzzles, 1:30p Pickleball E - Lucky Buck, 10:30a Gym Walking, 11a Music Two Beats, 12:30p Cash BINGO B - 9a Seniorcise, 10a Coffee Hour, 11a OJ Adkins, 12:30p Corn Hole, Yahtzee, Rummikub
30. C - 9a Coffee Talk, 9a Walkers, 1p Bridge/Games/Puzzles, 3:30p Beginners Pickleball E - 10:45a Exercise/Lou or 10:30a Gym Walking, 12:30p Wii, Corn Hole Toss, Card Choice B - 9a Seniorcise, 10a Line Dancing, 10:30a Coffee Hour, 12:30p BINGO	31. C - 9a Coffee Talk, 9a Walkers, 1p Mahjong, 1p Games/Puzzles, 1:30p Pickleball, 4:30p Yoga E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker B - 9a Seniorcise, 10a Coffee Hour, 11a Tai Chi, 12:30p BINGO	C = Charlevoix Center* 13513 Division St. E = East Jordan Center 951 Mill St. B = Boyne Area Center 411 E. Division St.  Senior Center Advisory Meetings are: C—TBD	<b>Veteran Coffee/Donuts Social Dates are:</b> C—5/3 at 9a E—5/17 at 9a BC— 5/24 at 9a  ALL ACTIVITIES SUBJECT TO CHANGE	<b>Ice Cream Social Birthday Celebration Dates are:</b> C— 3rd Friday E— 1st Friday BC— 4th Friday  Sponsored by the Charlevoix American House

**WE Love our Veteran's!**

Charlevoix County Veterans Affairs reminds all veterans, and widows/surviving spouses to contact the Veterans Affairs office to schedule an annual VA file review appointment.

During this appointment, you will meet with a CVSO (in our new offices and with either Josh or Kaylee) and update your VA file, review past/present claims, and answer any questions you may have.

For attending this appointment, you will be eligible to receive a \$50 Meijer Food voucher.

**CHARLEVOIX COUNTY: Take A Vet Fishing  
Veteran's Memorial Park, Boyne City**

**Saturday, May 21, 2022 from 6am - 6pm**

If you are a veteran or know of a veteran who might be interested in fishing, please go to [www.takeavetfishing.org](http://www.takeavetfishing.org)

Volunteers, you will use the same website to sign up.  
Thanks!

**In May the Charlevoix County Commission on Aging will offer Veterans one free lunch\* at the following locations and on the following days:**

**May 3** - Charlevoix Senior Center – 13513 Division Street, Charlevoix 547-3844 – Every 1st Tuesday of the Month

**CANCELLED** - Beaver Island COA Office-26466 Donegal Bay Road, Beaver Island 448-2124– Every 2nd Tuesday of the Month - One Voucher age 60 & over

**May 17** - East Jordan Senior Center – 951 Mill Street, East Jordan 536-7831 – Every 3rd Tuesday of the Month

**May 24** - Boyne Area Senior Center – 411 E. Division, Boyne City 82-6682 – Every 4th Tuesday of the Month

**Beaver Island Activities and Update**

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

Available at Dalwhinnie's, The School, and the Shamrock & The Bodega at this time.

Please call Lonnie for all the Other Beaver Island Fun March Activities planned like the Tai-Chi, Strength Training, BINGO, 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*

**Spring Flowers Word Search**

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

- Anemone
- Daffodil
- Iris
- Lily
- Rose
- Carnation
- Daisy
- Lavender
- Orchid
- Snapdragon
- Chrysanthemum
- Hydrangea
- Lilac
- Poppy
- Sunflower