

October 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

### OCTOBER 2022 NOTABLE DATES

- 1 **Homemade Cookies Day**
- 2 **Name Your Car Day**
- 3 **Butterfly and Hummingbird Day**
- 4 **Taco Day**
- 5 **Do Something Nice Day**
- 6 **Noodle Day**
- 7 **Smile Day**
- 8 **Chess Day**
- 9 **Curious Events Day**
- 10 **Columbus Day**
- 11 **It's My Party Day**
- 12 **Moment of Frustration Day**
- 13 **Skeptics Day**
- 14 **Dessert Day**
- 15 **Sweetest Day**
- 16 **Dictionary Day**
- 17 **Wear Something Gaudy Day**
- 18 **No Beard Day**
- 19 **New Friends Day**
- 20 **Sloth Day**
- 21 **Count Your Buttons Day**
- 22 **Make A Difference Day**
- 23 **TV Talk Show Host Day**
- 24 **Food Day**
- 25 **I Care About You Day**
- 26 **Pumpkin Day**
- 27 **American Beer Day**
- 28 **Frankenstein Friday**
- 29 **Internet Day**
- 30 **Candy Corn Day**
- 31 **Halloween**

**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.**



**INHALE COURAGE....EXHALE FEAR!**

## 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

**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**  
 Sheila, Site Coordinator  
 Gretchen, Bridget, Nate  
 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 & 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, Cliff  
 Food Service & HD Meals  
 951 Mill Street, East Jordan, MI 49727  
 231-536-7831

**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, CNA  
 Caroline Smith, CNA/  
 Homemaker  
 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

**May - September Senior Center Wednesday Night 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"



## Director's CORNER

October is Breast Cancer Awareness month. According to the U.S. Breast Cancer Statistics:

"About 1 in 8 U.S. women (about 12.4%) will develop invasive breast cancer over the course of her lifetime. In 2018, an estimated 266, 120 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S., along with 63, 960 new cases on NON invasive breast cancer."

Did you know that Breast Cancer is not just a woman's disease?

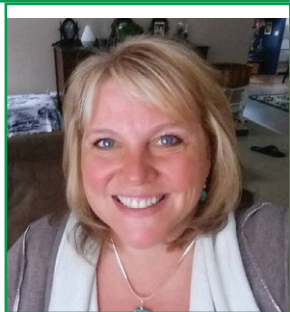
According to the American Cancer Society, "About 2,550 new cases of invasive breast cancer will be diagnosed in men and about 480 men will die from breast cancer."

This is just one of the many reasons to be aware of and to take care of your health, especially as you age.

The Charlevoix County Commission on Aging wants our aging community to feel supported in their health.

At our Senior Centers we provide nutritious meals and menus that conform to the USDA Dietary Guidelines for Americans. We do this for our congregate meals (those eating in), take out meals and in our Home Delivered Meals. We also provide Free monthly blood pressure checks, and monthly Foot Clinics by appointment.

The COA Health Care Services also support a healthier lifestyle by providing In Home Health Services, Homemaker



Services, Personal Care Assistance, Respite and Foot Care (for the homebound). We also collaborate with the Health Department of NWMI to provide Adult Immunization and Flu clinics; with the MSU Extension and Area Agency on Aging for nutrition and wellness programs.

Other collaborations are also with local organizations for classes based around nutrition and how it affects chronic illnesses like Diabetes, food safety, exercise classes and healthy food choice options throughout the year including Senior Project Fresh.

Join our Yoga, Tai Chi, Pickleball, Cardio Drumming and Adult Exercise Programs at the various Senior Centers; join our Walking clubs or walk the gyms at the Charlevoix and East Jordan Senior Centers. We also have Wii bowling to get you up and moving and will be hosting Bingocize this year too. Check with our Site Coordinators at each of our centers to find out about the latest classes and wellness opportunities we have or check our monthly menu calendars for new things too!

Let us help you to a healthier aging process and to change with aging looks like and feels like in Charlevoix County! Stay Safe and Be Well!

## Charlevoix County Senior Centers Updates

Octoberfest Celebration is on Friday, October 7, 2022 from 11:30a-1p. Our Halloween Celebration is on Monday, October 31, 2022 from 11:30a-1p.

Wednesday Night dinners are now finished for this year. We will start them back up on Wednesday, May 3, 2023.

Food costs have increased this past fiscal year to between 25% - 35%. The COA has not increased our meal donation request/price since 2009. It is currently a \$3.00 donation of 60 years old and older and \$6.00 cost for 59 years old and younger. Our meals are becoming Community popular, and we need to really look at what we are charging those not 60 Years old yet to come and participate with our seniors for meals. This is an especially important offering as we all have friends and family, we want to share a meal with that are not our age. That being said, effective October 1, 2022 in the Charlevoix, East Jordan and Boyne Centers we will keep the 60-Year-old and older suggested donations as they are at \$3.00. We will increase our 59 years and younger food charges from \$6.00 to \$8.00.

On Beaver Island, we will keep the Voucher Cost at \$3.00 for 60 Years old and older and the Home Delivered suggested donation at \$3.00. We will increase the Special Meal/Sunday Dinner Cost increased to \$12.00 for 59 Years old and younger. In addition, the Beaver Island Nutritional Contractor Reimbursement to be increased from \$8.95 to \$11.00 for Breakfast, Lunch and Dinner and the Special Meal/Sunday Dinner Reimbursement to be increased from \$10.95 to \$13.00. The Nutritional Contractors had a \$2.00 reimbursement bump back 2019 – 2020 bumping them from \$6.95 to \$8.95 for Breakfast, Lunch and \$8.24 for Dinner/Special Meal/Sunday Dinner Reimbursement to \$10.95.

October 1st we change back to our normal schedules and programming. Wednesday Night Dinners are now over and will not start back up until May 2023.

The Charlevoix County Commission on Aging will also be temporarily taking over the Celebration Ice Cream Socials previous done by the Charlevoix American House due to staffing shortages for these days at the Charlevoix American House.

### Blood Pressure Clinics BP Clinic Schedules October 2022

Time -11:30 am to 12:30 pm with CNA, Caroline Smith

#### EJSC (Thursday)

October 6  
October 27

#### CHSC (Thursday)

October 13

#### BASC (Thursday)

October 20

### Veteran Socials

Veteran Socials are a great opportunity to connect with other area Veterans and meet with your Charlevoix County Veteran Service Officers. In October we will host a Veterans Social and offer Refreshments along with one free lunch\* to our Charlevoix County Veterans at the following locations and days.

October 4 -Charlevoix Senior Center – 13513 Division Street, Charlevoix  
547-3844 – Every 1st Tuesday of the Month from 9:30am—11am

October 11 -Beaver Island COA Office-26466 Donegal Bay Road, Beaver Island 448-2124– Every 2nd Tuesday of the Month from 9:30am—11am \*One Voucher age 60 & over

October 18 -East Jordan Senior Center – 951 Mill Street, East Jordan  
536-7831 – Every 3rd Tuesday of the Month from 9:30am—11am

October 25 - Boyne Area Senior Center - 411 East Division, Boyne City  
582-6682 – Every 4th Tuesday of the Month from 9:30a—11am

### Volunteering for the Commission On Aging (COA)

We are honored and thankful for the great group of volunteers who give their time and talent helping the COA and our aging community. Without these individuals we could not do what we do every day. If you are interested in getting involved, serving your community and volunteering please call Kevin at 231-237-0103. We have open positions for hostesses/hosts, kitchen help, home delivery meal drivers, and entertainment at all locations.

## Local TRAVEL CLUB! You Asked For It...You Got It...

This month's trips are to:

### The Alden Mill House in Alden

Cost of the trip is \$3.00. Please sign up with your Senior Center Site Coordinator.

Trips are scheduled to leave at 12:45 pm from:  
Charlevoix Senior Center - Tuesday, October 4  
East Jordan Senior Center - Tuesday, October 11

### Dining on the Town Together - Southwoods Pub & Grill in Petoskey

Cost of the trip is \$2.00 plus money for your meal and tip.

(Everyone will be responsible for paying their own meal and tip.)

Please sign up with your Senior Center Site Coordinator. You can sign up for a ride or drive yourself and meet us there.

Trip is scheduled to leave from the Boyne Area Senior Center at 3:30 pm  
Tuesday, September 18, 2022

### Early Christmas Shopping - Gaylord

Cost of the trip is \$5.00 this will include a sack lunch. We will be stopping at several stores. Please sign up with your Senior Center Site Coordinator.

Trip is scheduled to leave at 9:30am from the Charlevoix Senior Center  
Wednesday, October 26, 2022

*There is limited seating for the trips including rides. Priority will go to the hosting center but we would love to fill the bus with others who are interested if there is room.*

# ALL Charlevoix County Senior Center Menus

All Senior Center Locations Lunch Menu October 2022 (11:30a—12:30p)

Commission On Aging Phone: 237-0103

Charlevoix Senior Center: 547-5361 East Jordan Senior Center: 536-7831 Boyne Area Senior Center: 582-6682

Monday	Tuesday	Wednesday	Thursday	Friday
3. Bratwurst Patty w/ Swiss, Ranch Fries, Garden Vegetable, Fruit <b>Alternative Meal for Week:</b> Chicken Salad Croissant	4. Baked Ziti Pasta w/ Tomato Sauce & Cheese, Garlic Biscuit, Green Beans, Fruit	5. <b>Do Something Nice Day</b> Marinated Teriyaki Pork Chop, Scalloped Potatoes, Mixed Vegetables, Fruit	6. BBQ Meat Ball Sub Sandwich, Homemade Soup, Garden Vegetables, Fruit	7. <b>OCTOBERFEST</b> Chicken Schnitzel & Gravy, Buttered Noodles, Red Cabbage, Fruit
10. Corned Beef Rubeen, Sauerkraut, Swiss, 1000 Island Dressing, Tater Tots, Fresh Vegetables, Fruit <b>Alternative Meal for Week:</b> Tuna Macaroni Salad	11. <b>Taco Tuesday Taco Kit</b> Seasoned Taco Meat, Lettuce, Tomato, Flour Tortilla, Mexican Rice, Fruit	12. Roasted Turkey Dinner, Stuffing, Mashed Potatoes & Gravy, Garden Vegetables, Fruit	13. <b>Breakfast for Lunch</b> Ham & Cheese Quiche, Hashbrowns, Warm Applesauce, Yogurt Cup,	14. Chicken Lasagna, Garlic Bread, Tossed Salad, Fruit
17. Bacon Cheeseburger, Bun, Wedge Fries, Garden Vegetable, Fruit <b>Alternative Meal for Week:</b> Egg Salad & Sliced Tomatoes	18. <b>No Beard Day</b> Creamy Chicken Stew served with a Biscuit, Stew Vegetables, Fruit	19. <b>New Friend Day</b> Sweet & Sour Pork and Vegetables, Rice, Egg Roll, Fruit	20. Roast Beef Dinner, Mashed Potatoes & Gravy, Garden Vegetables, Fruit	21. Cook's Choice, Potato, Fresh Vegetable, Fruit
24. <b>Food Day</b> Garlic Parmesan Wings, Macaroni & Cheese, Fresh Vegetable, Fruit <b>Alternative Meal for Week:</b> Turkey Bacon Wrap	25. <b>I Care About You Day</b> Ham & Pineapple, Sweet Potatoes, Fresh Vegetable	26. Baked Potato with Cheese, Chicken Chili w/Northern White Beans, Sour Cream Cup, Fruit	27. Mom's Meatloaf, Mashed Potatoes & Gravy, Vegetable Medley, Fruit	28. <b>Frankenstein Friday</b> Baked Lemon Pepper Cod, Seasoned Rice, Vegetable Medley, Fruit
31. <b>HALLOWEEN CELEBRATION</b> Beef GOUL-lash, Vampire Garlic Bread, Cemetery Fresh Veggies, Franken-Fruit, Spooktacular Dessert <b>Alternative Meal for Week:</b> Chef Salad		<b>No Wednesday Dinner now until May 2023</b>		<b>ALL MEALS INCLUDE MILK, BREAD &amp; BUTTER, 2 VEGGIES &amp; A FRUIT.</b>  <b>MENU SUBJECT TO CHANGE WITHOUT NOTICE</b>

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

All Senior Center Locations Activities for October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3. C - 9a Coffee Talk, 9a Walkers, 1p Bridge/Games/Puzzles, 1p Cardio Drumming, 3:30p Beginners Pickleball E - 10:45a Exercise/Lisa or 10:30a Gym Walking, 12:30p Cash BINGO, Wii, Corn Hole Toss, B - 9a Coffee Talk, 1p BINGO	4. C - 9:30a Veterans Social, & Veteran Portraits, 9a Coffee Talk, 9a Walkers, 1p Mahjong, 1p Games/Puzzles, 1:30p Pickleball, 4p Yoga E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker B - Foot Clinic, 9a Coffee Talk, 1p BINGO	5. C - 9a Coffee Talk, 9a Walkers, 9a Yoga, 10:15a Chair Yoga, 1p Bridge/Games/Puzzles, 1p Line Dancing, E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Card Bingo B—9a Coffee Talk	6. C— Foot Clinic. 9a Coffee Talk, 9a Walkers, 9:45a Tai Chi, 1p Any Games/Puzzles, 1p Mahjong, 1:30p Pickleball E - 9a Hair Cuts w/Susan, 10a Coffee Hour, 10:30a Gym Walking, 11:30a Blood Pressure Checks, 12:30p Texas Hold-em or Cards B - 9a Coffee Talk	7. C— 9a Coffee Talk, 9a Walkers. 10a Crafts, 11:30a Music by John Slough, 1p Any Games/Puzzles, 1:30p Pickleball E - 10:30a Gym Walking, 11a Avon, 11:30a Music Barry Loper, 12:30p Card BINGO/50-50 Drawing, B - 9a Coffee Talk, Music \$1 in Juke Box
10. C - 9a Coffee Talk, 9a Walkers, 1p Bridge/Games/Puzzles, 1p Cardio Drumming, 3:30p Beginners Pickleball E - 10:45a Exercise/Lisa or 10:30a Gym Walking, 12:30p Cash BINGO, Wii, Corn Hole Toss, B - 9a Coffee Talk, 1p BINGO	11. C - 9a Coffee Talk, 9a Walkers, 1p Mahjong, 1p Games/Puzzles, 1:30p Pickleball, 4p Yoga E - Foot Clinic. 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker, B - 9a Coffee Talk, 1p BINGO	12. C - 9a Coffee Talk, 9a Walkers, 9a Yoga, 10:15a Chair Yoga, 1p Bridge/Games/Puzzles, 1p Line Dancing, E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Card Bingo B—9a Coffee Talk	13. C— 9a Coffee Talk, 9a Walkers, 9:45a Tai Chi, 11:30a Blood Pressure Check, 11:30a Music by Brad Hersey, 1p Any Games/Puzzles, 1p Mahjong, 1:30p Pickleball E - 10a Coffee Hour, 10a EJSC Advisory Board, 10:30a Gym Walking, 12:30p Texas Hold-em or Cards B - Foot Clinic, 9a Coffee Talk,	14. C— 9a Coffee Talk, 9a Walkers. 10a Crafts, 1p Any Games/Puzzles, 1:30p Pickleball E - 10:30a Gym Walking, 11:30a Music OJ Adkins, 12:30p Card BINGO, 50/50 Drawing, 11:30a Blood Pressure Check B - 9a Coffee Talk
17. C - 9a Coffee Talk, 9a Walkers, 1p Bridge/Games/Puzzles, 1p Cardio Drumming, 3:30p Beginners Pickleball E - 10:45a Exercise/Lisa or 10:30a Gym Walking, 12:30p Cash BINGO, Wii, Corn Hole Toss, B - 9a Coffee Talk, 1p BINGO	18. C - Foot Clinic. 9a Coffee Talk, 9a Walkers, 1p Mahjong, 1p Games/Puzzles, 1:30p Pickleball, 4p Yoga E - 9:30a Veterans Social 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker B - 9a Coffee Talk, 1p BINGO	19. C - 9a Coffee Talk, 9a Walkers, 9a Yoga, 10:15a Chair Yoga, 11a Hand Massages, 1p Bridge/Games/Puzzles, 1p Line Dancing, E - E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Card Bingo B—9a Coffee Talk	20. C— 9a Coffee Talk, 9a Walkers., 9:45a Tai Chi, 11:30a Music Brad Hersey, Any Games/Puzzles, 1p Mahjong, 1:30p Pickleball E - Foot Clinic. 10a Coffee Hour, 10:30a Gym Walking, 10:45a Hand Massages, 11:30a Blood Pressure Check, 12:30p Texas Hold-em or Cards B - 9a Coffee Talk, 11:30a Blood Pressure Check, 12:30p Ed May on History of BC	21. C— 9a Coffee Talk, 9a Walkers. 10a Crafts, 1p Any Games/Puzzles, 1:30p Pickleball E - 10:30a Gym Walking, 11a Music \$1 in a Juke Box, 12:30p Card BINGO, 50/50 Drawing B - 9a Coffee Talk, Music OJ Adkins
24. C - 9a Coffee Talk, 9a Walkers, 1p Bridge/Games/Puzzles, 1p Cardio Drumming, 3:30p Beginners Pickleball E - 10:45a Exercise/Lisa or 10:30a Gym Walking, 12:30p Cash BINGO, Wii, Corn Hole Toss, B—9a Coffee Talk, 1p BINGO	25. C - 9a Coffee Talk, 9a Walkers, 11a Hand Massages, 12p Recycling Presentation, 1p Mahjong, 1p Games/Puzzles, 1:30p Pickleball, 4p Yoga E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker B—Foot Clinic, 9a Coffee Talk, 9:30a Veterans Social., 1p BINGO	26. C - 9a Coffee Talk, 9a Walkers, 9a Yoga, 10:15a Chair Yoga, 1p Bridge/Games/Puzzles, 1p Line Dancing, E - E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Card Bingo B—9a Coffee Talk	27. C— 9a Coffee Talk, 9a Walkers., 9:45a Tai Chi, Any Games/Puzzles, 1p Mahjong, 1:30p Pickleball E - 10a Coffee Hour, 10:30a Gym Walking, 11:30a Blood Pressure Checks, 12:30p Texas Hold-em or Cards B - 9a Coffee Talk	28. C— 9a Coffee Talk, 9a Walkers. 10a Crafts, 1p Any Games/Puzzles, 1:30p Pickleball E - 10:30a Gym Walking, 11a Music Two Beats, 12:30p Cash BINGO, 50/50 Drawing B - 9a Coffee Talk, 11:45a Hand Massages
31. C - 9a Coffee Talk, 9a Walkers, 1p Bridge/Games/Puzzles, 1p Cardio Drumming, 3:30p Beginners Pickleball E - 10:45a Exercise/Lisa, 11a Halloween Party, 12:30p Cash BINGO, Wii, Corn Hole Toss B - 9a Coffee Talk, 1p BINGO		<b>NO Wednesday Night Dinners Now Until May 2023</b>	<b>Veteran Coffee/Donuts Social Dates are:</b> C—10/4 at 9:30a E—10/18 at 9:30a BC— 10/25 at 9:30a <b>Ice Cream Social Celebration Dates are:</b> E— 1st Friday BC— 2nd Friday, C— 3rd Friday Sponsored by the COA for the next few months	<b>C = Charlevoix Center* 13513 Division St.</b> <b>E = East Jordan Center 951 Mill St.</b> <b>B = Boyne Area Center 411 E. Division St.</b>  ALL ACTIVITIES SUBJECT TO CHANGE

## The COA is once again hosting the AARP Driving Safety Class at the Charlevoix Senior Center

Class is Thursday, October 20, 2022 from 8am- 3pm and lunch will be available  
 Cost of the class is \$14.95\* for ages 60 years old and above and \$29.95 for ages 50 years old to 59 years old

(\*The full cost of the class is \$29.95. The COA will cover \$15 per Charlevoix County resident age 60 and over.)

Aging adults can potentially save money on their auto insurance by taking this class! Please check with your individual automotive insurance carrier to see what your savings would be for completing this class.

Please call to sign up with the Site Coordinators, the sign up sheet will be available at all the Senior Centers.

### 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.

### 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 The Beaver Island School at this time.

Please call Lonnie or the COA Office on the Mainland for all the Other Beaver Island Fun 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. Voucher can be purchased individually or up to 10 a month. There is NO reimbursement for any unused vouchers.

*Just for fun*

# HALLOWEEN WORD SEARCH



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

- |         |              |         |           |         |
|---------|--------------|---------|-----------|---------|
| Ghost   | Costume      | Broom   | Spider    | Spooky  |
| Boo     | Frankenstein | Bat     | Black Cat | Potion  |
| Witch   | Skeleton     | Mummy   | Halloween | Haunted |
| Pumpkin | Candy        | Vampire | Fall      | Zombie  |

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