

November 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

Boyer 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

NOVEMBER 2022 NOTABLE DATES

- 1 "Extra Mile" Day
- 2 Stress Awareness Day
- 3 Sandwich Day
- 4 Use Your Common Sense Day
- 5 Love Your Red Hair Day
- 6 Daylight Saving Time Ends
- 7 Color the World Orange Day
- 8 Tongue Twister Day
- 9 Chaos Never Dies Day
- 10 Vanilla Cupcake Day
- 11 Veterans Day
- 12 Chicken Soup for the Soul Day
- 13 Kindness Day
- 14 Pickle Day
- 15 Clean Out Your Refrigerator Day
- 16 Fast Food Day
- 17 Take A Hike Day
- 18 Apple Cider Day
- 19 Play Monopoly Day
- 20 Absurdity Day
- 21 "Hello" Day
- 22 Go For A Ride Day
- 23 Eat A Cranberry Day
- 24 Thanksgiving Day
- 25 Black Friday
- 26 Cake Day
- 27 Bavarian Cream Pie Day
- 28 Cyber Monday
- 29 Giving Tuesday
- 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.



INHALE COURAGE....EXHALE FEAR!

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.

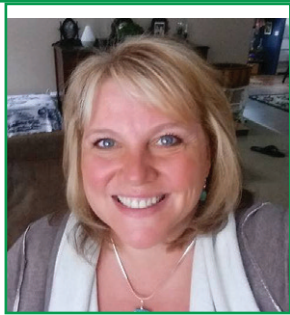
In many cases, this bustle of activity contrasts markedly with the emptiness and despair of grief.

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 lost 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
 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

Boyer 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

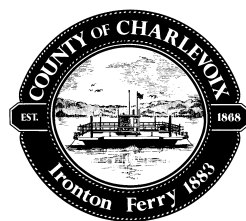
Main Office Staff:
 Amy Wieland, Executive Director
 Sheri Shepard, Assistant Director
 Theresa Graham, Office Manager
 Sally Nye, Database Coordinator
 Paul Tate, Food Service Manager
 Kevin Clements, Senior Program Facilitator

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 or our Facebook page "Charlevoix County Commission on Aging"



Charlevoix County Senior Centers Updates

2022-23 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 2022 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 17, 2022 & ends on Friday, December 30, 2022 or until the budget has been expended.

Program Rules:

Program starts November 1, 2022 and ends March 31, 2023.

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 2022 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.

2022 Federal Poverty Guidelines and Voucher Allotment

Family Size	Baseline	150% of Baseline	200% of Baseline	300% of Baseline	Above 300% of Baseline
1	\$13,590 or below	\$13,591 to \$20,385	\$20,386 to \$27,180	\$27,181 to \$40,770	More than \$40,770
2	\$18,310 or below	\$18,311 to \$27,465	\$27,466 to \$36,620	\$36,621 to \$54,930	More than \$54,930
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 11/1/22 – /31/23 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.

Veteran's Day Celebration is on Thursday, November 10, 2022 from 11:30a-1p. Our Thanksgiving Celebration is on Friday, November 18, 2022 from 11:30a-1p.

All COA Offices and Senior Centers will be CLOSED 11/11/22, 11/24/22 & 11/25/22 for the Holidays.

Food costs have increased this past fiscal year to between 25% - 35%. 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.

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. The Brook of Boyne City will also be assisting us with our Celebrations this month!

Blood Pressure Clinic Schedules November 2022 Time -11:30 am to 12:30 pm with CNA, Caroline Smith

EJSC (Thursday)
November 17

CHSC (Thursday)
November 3

BASC (Thursday)
November 10

Veteran Socials

Veteran Socials are a great opportunity to connect with other area Veterans and meet with your Charlevoix County Veteran Service Officers. In November 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.

All of the November Veteran Socials are Sponsored by Boehm-Tarrant Associates.

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

November 8 - 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

November 15 -East Jordan Senior Center – 951 Mill Street, East Jordan
536-7831 – Every 3rd Tuesday of the Month from 9:30am—11am

November 22 - 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.

ALL Charlevoix County Senior Center Menus

All Senior Center Locations Lunch Menu November 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
Alternative Meal for Week: Chef Salad	1. Smothered Chicken Breast, Onions & Mushrooms, Mashed Potatoes & Gravy, Vegetable, Fruit	2. Stress Awareness Day Vegetable Lasagna, Garlic Toast, Green Beans, Fruit	3. Grand Rapids Style Wet Beef & Bean Burrito, Enchilada Sauce, Mexican Rice, Roasted Corn, Fruit	4. Use Your Common Sense Day Tuna Noodle Casserole, Green Peas, French Fried Onions, Fruit
7. Open Faced Turkey Rueben, Sauerkraut, Swiss, 1000 Island Dressing, Wedge Fries, Mixed Vegetables, Fruit Alternative Meal for Week: Chicken Salad Croissant	8. Maurice Salad, Sliced Turkey, Sliced Ham Sliced Swiss, Gherkins, Homemade Dressing, Fruit	9. Pepper Steak, Colored Pepper & Onions, Seasoned Rice, Spinach Salad, Fruit	10. VETERAN'S DAY CELEBRATION Roast Beef, Mashed Potatoes & Gravy, Fresh Vegetable, Apple Crisp	11. COA OFFICES AND CENTERS ARE CLOSED FOR THE VETERAN'S DAY HOLIDAY
14. Pickle Day Ham & Cheese Sliders, Tater Tots, Vegetable Medley, Fruit Alternative Meal for Week: Chicken Caesar Salad	15. Hamburger & Onion Stroganoff, Buttered Noodles, Garden Vegetable, Fruit	16. Fast Food Day Breakfast Sausage Casserole, Green Peppers, Onion, Eggs, Hashbrowns & Cheese, Yogurt Cup, Fruit	17. Take a Hike Day Italian Stromboli, Salami, Pepperoni, Pasta Marinara, Vegetable Medley, Fruit	18. THANKSGIVING CELEBRATION Roasted Turkey Dinner, Stuffing, Gravy, Green Bean Casserole, Homemade Cranberries, Pumpkin Dessert
21. Breaded Chicken & Bacon Sandwich, Sweet Potato Fries, Honey Mustard Cup, Vegetables, Fruit Alternative Meal for Week: Shrimp Pasta Salad	22. Go for a Ride Day Roasted Pork Loin w/ Pork Gravy, Scalloped Potatoes, Fresh Vegetable, Fruit	23. Baked Spaghetti, Meat Sauce, Cheese, Garlic Cheese Biscuit, Fresh Vegetables, Fruit	24. COA OFFICES AND CENTERS ARE CLOSED FOR THE THANKSGIVING HOLIDAY	25. COA OFFICES AND CENTERS ARE CLOSED FOR THE THANKSGIVING HOLIDAY
28. Cyber Monday Cook's Choice, Potato, Fresh Vegetable, Fruit Alternative Meal for Week: Roast Beef & Cheese Wrap	29. Giving Tuesday Fried Chicken, Mashed Potatoes & Gravy, Fresh Vegetables, Fruit	30. UP Poutine Fries, Shredded Beef, Gravy, Cheese Curds, Cole Slaw, Fruit	ALL MEALS INCLUDE MILK, BREAD & BUTTER, 2 VEGGIES & A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE	Now Serving Homemade Soup 3 days a week again! BACK BY POPULAR DEMAND—in RED!

ALL SENIOR CENTER LOCATIONS ACTIVITIES SUBJECT TO CHANGE WITHOUT NOTICE

All Senior Center Locations Activities for November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Veteran's Day Celebrations will all be on Thursday 11/10/22 from 11:30a-12:30p. Thanksgiving Celebrations will all be on Friday, 11/18/22 from 11:30a-12:30p.	1. C -9:30a Veterans Social, 9a Coffee Talk, 9a Walkers, 1p Mahjong, 1p Games/Puzzles, 1:30p Advanced Pickleball, 4p Yoga E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker B - Foot Clinic, 9a Coffee Talk, 1p BINGO	2. C - 9a Coffee Talk, 9a Walkers, 9a Yoga, 10:15a Chair Yoga, 1p Bridge/ Games/Puzzles E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Card Bingo B—9a Coffee Talk	3. C— Foot Clinic, 9a Coffee Talk, 9a Walkers, 9a Tai Chi, 11:30a Blood Pressure Checks, 1p Any Games/ Puzzles, 1p Mahjong, 1:30p Advanced Pickleball E - 9a Hair Cuts w/Susan, 10a Coffee Hour, 10:30a Gym Walking, 12:30p Texas Hold-em or Cards B - 9a Coffee Talk, 12:30p Table Games	4. C— 9a Coffee Talk, 9a Walkers, 10a Crafts, 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
7. 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	8. C - 9a Coffee Talk, 9a Walkers, 1p Mahjong, 1p Games/Puzzles, 1:30p Advanced Pickleball, 4p Yoga E - Foot Clinic, 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker, B - 9a Coffee Talk, 1p BINGO	9. C - 9a Coffee Talk, 9a Walkers, 9a Yoga, 10:15a Chair Yoga, 1p Bridge/ Games/Puzzles E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Card Bingo B—9a Coffee Talk	10. C— 9a Coffee Talk, 9a Walkers, 9a Tai Chi, 11:30a Music by Brad Hersey, 1p Any Games/Puzzles, 1p Mahjong, 1:30p Advanced 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, 11:30a Blood Pressure Checks, 12:30p Table Games	11. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED
14. 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	15. C - Foot Clinic, 9a Coffee Talk, 9a Walkers, 1p Mahjong, 1p Games/ Puzzles, 1:30p Advanced Pickleball, E - 9:30a Veterans Social 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker B - 9a Coffee Talk, 1p BINGO	16. C - 9a Coffee Talk, 9a Walkers, 9a Yoga, 10a Hand Massages, 10:15a Chair Yoga, 11a Hand Massages, 1p Bridge/Games/Puzzles E - E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Card Bingo B—9a Coffee Talk	17. C— 9a Coffee Talk, 9a Walkers, 9a Tai Chi, 1p Any Games/Puzzles, 1p Mahjong, 1:30p Advanced Pickleball E - Foot Clinic, 10a Coffee Hour, 10:30a Gym Walking, 11:30a Blood Pressure Checks, 12:30p Texas Hold-em or Cards B - 9a Coffee Talk, 12:30p Table Games	18. 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 Music \$1 in a Juke Box, 12:30p Card BINGO, 50/50 Drawing B - 9a Coffee Talk, Music OJ Adkins
21. 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	22. C - 9a Coffee Talk, 9a Walkers, 1p Mahjong, 1p Games/Puzzles, 1:30p Advanced 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	23. C - 9a Coffee Talk, 9a Walkers, 9a Yoga, 10:15a Chair Yoga, 1p Bridge/ Games/Puzzles E - E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Card Bingo B—9a Coffee Talk	24. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED	25. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED
28. C - 9a Coffee Talk, 9a Walkers, 1p Bridge/Games/Puzzles, 1p Cardio Drumming, 3:30p Beginners Pickleball E - 10:45a Exercise/Lisa, 12:30p Cash BINGO, Wii, Corn Hole Toss B - 9a Coffee Talk, 1p BINGO	29. C - 9a Coffee Talk, 9a Walkers, 1p Mahjong, 1p Games/Puzzles, 1:30p Advanced Pickleball, 4p Yoga E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker B—9a Coffee Talk, 9:30a Veterans Social., 1p BINGO	30. C - 9a Coffee Talk, 9a Walkers, 9a Yoga, 10:15a Chair Yoga, 1p Bridge/ Games/Puzzles E - E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Card Bingo B—9a Coffee Talk	Veteran Coffee/Donuts Social Sponsored by Boehm—Tarrant Assoc. Dates are: C—11/1 at 9:30a E—11/15 at 9:30a BC— 11/22 at 9:30a Ice Cream Social Celebration Dates are: E— 1st Friday BC— 2nd Friday, C— 3rd Friday Sponsored by the COA & The Brook in Boyne City this month	C = Charlevoix Center* 13513 Division St. E = East Jordan Center 951 Mill St. B = Boyne Area Center 411 E. Division St. ALL ACTIVITIES SUBJECT TO CHANGE

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.

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

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, The Shamrock and The Bodega.

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

Fall Word Search

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

- | | | |
|---------|--------------|-----------|
| CORN | THANKSGIVING | PUMPKIN |
| AUTUMN | HARVEST | FOOTBALL |
| BONFIRE | LEAVES | SWEATER |
| BOOTS | CARNIVAL | NOVEMBER |
| OCTOBER | APPLES | SEPTEMBER |
| RAKE | APPLE CIDER | SUNFLOWER |



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November Travel Club Trips

Early Christmas Shopping Trip to Gaylord

We will be going to several stores and there will be a lot of walking on these trips.

When: Tuesday, November 1, 2022
Time: 9:30am Pick up at the Boyne Center
Cost: \$5.00 includes a Sack Lunch

When: Thursday, November 3, 2022
Time: 9:30am Pick up at the East Jordan Center
Cost: \$5.00 includes a Sack Lunch

An Evening Out with Dinner in a Neighboring Town with Friends at Southwoods Pub & Grill in Petoskey

You can sign up for a ride or drive yourself to join us. Everyone will be responsible for paying their own meal and tip.

When: Wednesday, November 9, 2022
Time: 3:30pm Pick up at the Charlevoix Center
Cost: \$2.00 plus money for your meal and