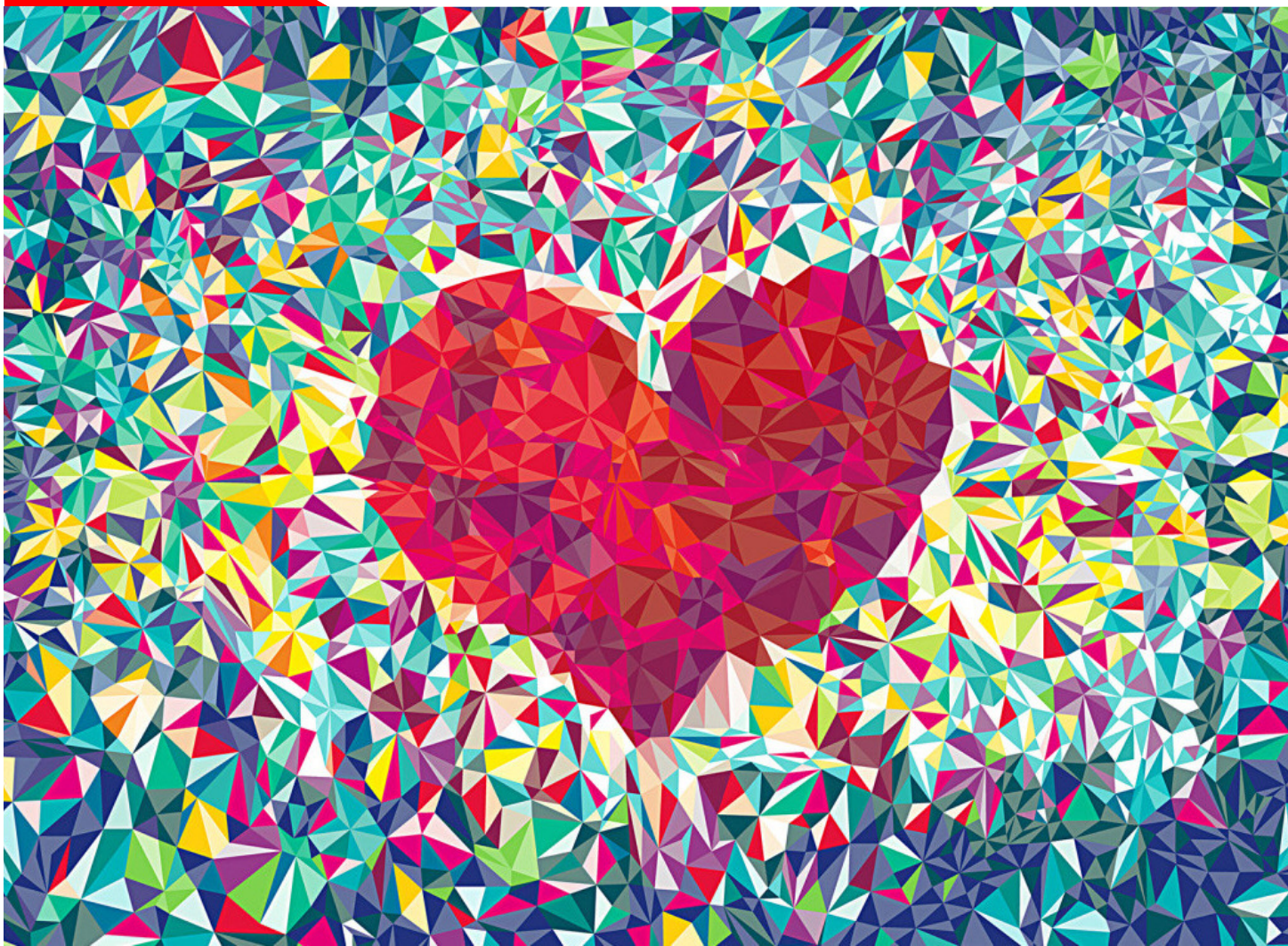


February 2023

# 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



**HOW MANY HEARTS DO YOU SEE ABOVE?  
(100'S)**

## Director's CORNER

How our idea of love changes as we get older

The qualities we value in a partner when we are young often change as we grow older, writes Kate Burke.

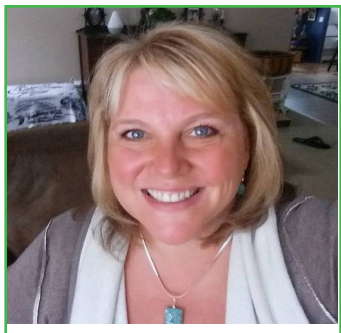
ROMANTIC LOVE HAS been described as 'a human universal, or near universal' and is associated with intense emotional experiences such as increased energy, euphoria, obsessive thinking about the loved one, feelings of dependency and craving. When people are 'in love' they may feel as if they have uncovered the meaning of life. One feels complete and life feels whole.

Good quality relationships of all kinds, but specifically romantic relationships, are associated with psychological well-being, good health and happiness.

The top-five most highly rated elements of successful romantic relationships for the older adults were honesty, communication, companionship, respect, and positive attitude, whereas as the top-five most highly rated elements of romantic relationship success for younger adults were love, communication, trust, attraction and compatibility.

Notably, honesty was the most highly rated relationship success factor in the older adult group, but was not identified by the younger adult group. Older adults defined honesty as being 'able to confide in one another in a truthful way'. Honesty is an interesting concept as it involves self disclosure and risks putting an individual in a vulnerable position, and yet the ability to disclose honestly in a mindful, trusting and sensitive fashion can facilitate a deeper level of intimacy in the relationship.

Furthermore, research has



suggested that self acceptance increases with age and that with age, people have a stronger sense of their true self. It is possible that the older adult group were able to draw on their broad experience and have come to recognize honesty as critical to the long-term success of romantic relationships. Younger adults defined trust as being 'able to rely on and be supportive of one another' and 'to be faithful to one another'.

Socialising was also highlighted as an important factor by the older adults. During the group session, older adults highlighted that socialising encapsulated going out as a couple, but also individually. During later life, ones social network may narrow, but within this context older adults often enjoy increased frequency of socialising with friends and neighbours, religious participation and volunteering, and this pattern of increased socialising may facilitate romantic relationships as it stimulates intimacy and communication amongst older lovers.

Older adults emphasised socialising, trust and respect over attraction and may thus drop elements such as attraction from their representations of romantic relationship success as they develop a more mature understanding of relationship success over time.

## 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, CFC  
Carla Middaugh, Personal  
Care  
Arlene Wilson, CNA  
Caroline Smith, CNA/  
Homemaker  
Kim Crandell, Homemaker  
Rhonda Whiteford,  
Homemaker

**COA Advisory Board**  
Ed May - Chair; Wanda  
Carr, Harry Wilson, Aleta  
Runey, Cathy Kessler,  
Sharon Misiak, Janet  
Kalbfell;  
Board Liaison Josh  
Chamberlain  
**May - September Senior  
Center Wednesday  
Night Hours are 2p-7p**

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

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"**



**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**  
Anita Percy, Site  
Coordinator  
Gretchen, Greg, 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 &  
Mary 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

**Commission  
on Aging**  
*Serving Seniors in Charlevoix County*

## Area happenings

For more information:

**Beaver Island Chamber**  
(231) 448-2022  
Main Street  
Beaver Island, MI 49782  
[beaverislandcommunitycenter.org](http://beaverislandcommunitycenter.org)

**Boyne Area Chamber**  
(231) 582-6222  
115 S. Lake St., Suite A,  
Boyne City, MI 49712  
[boynechamber.com](http://boynechamber.com)

**Charlevoix Chamber**  
(231) 547-2101  
109 Mason Street  
Charlevoix, MI 49720  
[charlevoix.org](http://charlevoix.org)

**East Jordan Chamber**  
(231) 536-7351  
100 Main Street, Suite B  
East Jordan, MI 49727  
[ejchamber.org](http://ejchamber.org)

### FEBRUARY 2023 NOTABLE DATES

- 1 *Get-Up Day*
- 2 *Groundhog Day*
- 3 *Wear Red Day*
- 4 *Ice Cream for Breakfast Day*
- 5 *Chocolate Fondue Day*
- 6 *Lame Duck Day*
- 7 *Send a Card to a Friend Day*
- 8 *Laugh and Get Rich Day*
- 9 *Pizza Day*
- 10 *Umbrella Day*
- 11 *Make a Friend Day*
- 12 *Superbowl Sunday*
- 13 *Cheddar Day*
- 14 *Valentine's Day*
- 15 *Gumdrop Day*
- 16 *Do a Grouch a Favor Day*
- 17 *Random Acts of Kindness Day*
- 18 *Drink Wine Day*
- 19 *Chocolate Mint Day*
- 20 *Cherry Pie Day*
- 21 *Mardi Gras / Fat Tuesday*
- 22 *Ash Wednesday*
- 23 *Chili Day*
- 24 *Tortilla Chip Day*
- 25 *Chocolate Covered Nut Day*
- 26 *Tell a Fairy Tale Day*
- 27 *No Brainer Day*
- 28 *Floral Design 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.

## Michigan Area Agencies on Aging have NEW On Line Workshops for February!

### Arthritis Foundation Exercise Program

Attend a Virtual Exercise Program for help!

The Arthritis Foundation Exercise Program is a low-impact physical activity program proven to reduce pain and decrease stiffness.

Once registered, you may attend on a drop-in basis whenever it is convenient for you.

Fridays 11:00am - Noon

TO REGISTER contact Abbie Mars at email marsa@valleyaaa.org

This program is FREE of charge

### Enhance Fitness

Enhance Fitness is an evidence-based group exercise and falls prevention program, helping older adults at all levels of fitness to become more active, energized, and empowered to sustain independent lives.

Classes are offered virtually on Mondays, Wednesdays, and Fridays 11:00am -12:00pm

TO REGISTER, CALL 313.833.7080, ext. 223 or email a.kanakaris@stpatsrctr.org

### SilverSneakers Stability

Attend a Virtual Exercise Program for help!

SilverSneakers Stability is a home workout using Zoom designed to help you become stronger and improve balance.

The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee, and hip joints, while improving your reaction time.

This class is designed for fall prevention and is suitable for nearly every fitness level.

It can be adapted depending on the skill of individual participants.

A chair may be used for balance and support

Class is offered once a week. Once registered, you may attend on a drop-in basis whenever it is convenient for you.

Mondays 10:00-11:00 am

TO REGISTER contact Abbie Mars at marsa@valleyaaa.org

Silver Sneakers members are free of charge; others will be asked to pay \$3.00 per session

### Chronic Pain PATH (Personal Action Towards Health)

Attend a free 6-week virtual workshop

Chronic Pain PATH (Personal Action Toward health) is an interactive workshop designed to help individuals with chronic pain improve their health and feel better.

Tuesday Afternoons February 21 – March 28, 2023 1:00 pm – 3:30 pm

TO REGISTER, CALL (517) 592-1974 or email livingwellprograms@r2aaa.net

All workshops are free; donations are accepted. This workshop is available in part through funding from the Older American's Act and Michigan Department of Health & Human Services/Aging & Adult Services Agency

Get on the PATH to better health!

Learn how to:

Pace and plan for optimal energy; Manage fatigue; Problem solve and make decisions

Deal with difficult emotions; Practice positive thinking; Make healthy food choices

Increase physical activity; Improve communication skills; Action Plan; Includes the Moving Easy Program!

### Managing Diabetes PATH (Personal Action Towards Health)

A 6-week on-line workshop using Zoom

An Interactive workshop that helps individuals with pre-diabetes or Type 1 or Type 2 Diabetes improve how they manage their situation to cope and feel better. Topics include: monitoring and balancing blood sugar, creating meal plans, decreasing stress, dealing with difficult emotions, and preventing complications. Sessions meet 2.5 hours once a week for 6 weeks on-line using Zoom. Participants will need a webcam and a microphone to participate.

Wednesday Mornings February 1 – March 15, 2023 1:00 pm – 3:30 pm

TO REGISTER, CALL (313)397-8227

Monday Afternoons February 6 – March 13, 2023 1:00 pm – 3:30 pm

TO REGISTER, CALL (517) 592-1974 or email livingwellprograms@r2aaa.net

Thursday Afternoons February 9 – March 23, 2023 1:00 pm – 3:30 pm

TO REGISTER, CALL (313) 833-7080, ext. 223 or email a.kanakaris@stpatsrctr.org

### 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.

#### February Veteran Socials

February 7 - Charlevoix Senior Center – 13513 Division Street, Charlevoix  
547-3844 – Every 1st Tuesday of the Month from 9:30am—11am

February 14 - 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

February 21 -East Jordan Senior Center – 951 Mill Street, East Jordan  
536-7831 – Every 3rd Tuesday of the Month from 9:30am—11am

February 28 - Boyne Area Senior Center - 411 East Division, Boyne City  
582-6682 – Every 4th Tuesday of the Month from 9:30a—11am

### COA Senior Center Foot Care Clinics in February - By Appointment ONLY

**East Jordan:** Thursday, February 9, 2023 and Tuesday, February 21, 2023

**Boyne City:** Thursday, February 2, 2023, Tuesday, February 14, 2023 & Thursday, February 23, 2023

**Charlevoix:** Tuesday, February 7, 2023 & Thursday, February 16, 2023 (*Currently being held at the Boyne Senior Center due to Construction in Charlevoix*)

Valentine's Day Celebration is on Tuesday, February 14, 2023 from 11:30a-1p. Our Mardi Gras Celebration is on Friday, February 17, 2023 from 11:30a-1p.

**All COA Offices and Senior Centers will be CLOSED 2/20/23 for the President Day Holiday.**

### 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.

**Please check with your Site Coordinators for other fun and new activities that have recently been added such as Tai Chi, Yoga, Chair Yoga, BINGOCIZE, CARDIO DRUMMING, and we have improved all of our Technology to make it easier for us to do simple things like watch movies and take virtual tours of some wonderful places around the world.**

# ALL Charlevoix County Senior Center Menus

All Senior Center Locations Lunch Menu February 2023 (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
<p><b>Alternative Meal for Week:</b> Roast Beef &amp; Cheddar Wrap</p>		1. Beef Tacos & Cheese, Seasoned Rice, Lettuce & Tomato, Soft Tortillas, Fruit	2. <b>Groundhog Day</b> BBQ Pulled Pork Plate, Cole Slaw, Tater Tots, Vegetable Medley, Fruit	3. <b>Wear Red Day</b> Cooks Choice Potato, Fresh Vegetable, Fruit
<p>6. <b>Lame Duck Day</b> Sloppy Joes w/Cheese, Pretzel Bun, Potato Wedges, Vegetables, Fruit <b>Alternative Meal for Week:</b> Veggie Pizza Wrap</p>	7. Sweet & Sour Pork Nuggets over Rice, Oriental Vegetables, Egg Roll, Fruit	8. <b>Laugh &amp; Get Rich Day</b> Chicken Pot Pie, Topped with Flaky Phyllo, Stew Vegetables, Diced Potatoes, Fruit	9. Bacon & Cheddar Quiche, Rosemary Potatoes, Garden Vegetable, Fruit	10. <b>Umbrella Day</b> Roast Turkey Dinner, Mashed Potatoes, Turkey Gravy, Fresh Vegetable, Fruit
<p>13. <b>Cheddar Day</b> Four Cheese Macaroni &amp; Cheese, Stewed Tomatoes, Green Beans, Fruit <b>Alternative Meal for Week:</b> Corned Beef &amp; Swiss Sandwich</p>	14. <b>Valentine's Day Celebration</b> Open Faced Roast Beef Sandwich on Garlic Toast, Beef Gravy, Scalloped Potatoes, Vegetable, Fruit <b>Special Dessert</b>	15. Ham & Cheese Biscuit Sliders, Honey Butter, Tomato Soup, Saltine Crackers, Fruit	16. <b>Do a Grouch a Favor Day</b> Hamburger & Onion Stroganoff, Buttered Noodles, Mixed Vegetables, Fruit	17. <b>Mardi Gras Celebration</b> Shrimp & Sausage Gumbo, Okra & Tomatoes, Seasoned Rice, Corn Bread, Fruit,
<p>20. <b>COA OFFICES AND CENTERS ARE CLOSED FOR THE PRESIDENTS DAY HOLIDAY</b> <b>Alternative Meal for Week:</b> Chicken Salad Croissant</p>	21. <b>Fat Tuesday</b> Cooks Choice Potato, Fresh Vegetable, Fruit	22. <b>Ash Wednesday</b> Vegetable Lasagna, Fresh Vegetables, Garlic Bread, Fruit	23. Ground Sirloin, w/ Sautéed Onion, Mashed Potatoes & Gravy, Fresh Vegetable, Fruit,	24. <b>Parmesan Crusted Tilapia, Seasoned Rice, Fresh Vegetable, Fruit</b>
<p>27. <b>No Brainer Day</b> Mushroom Swiss Burger, Bun, Wedge Fries, Vegetable Medley, Fruit <b>Alternative Meal for Week:</b> Turkey &amp; Provolone Wrap</p>	28. Spinach Salad with Sliced Egg, Warm Bacon Dressing, Chicken Barley Soup		Homemade Soup now served 3 days a week with your meal.	<b>ALL MEALS INCLUDE MILK, BREAD &amp; BUTTER, 2 VEGGIES &amp; A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE</b>

# ALL SENIOR CENTER LOCATIONS ACTIVITIES SUBJECT TO CHANGE WITHOUT NOTICE

All Senior Center Locations Activities for February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Veteran Coffee/Donuts Social are:</b> C—2/7 at 9:30a E—2/21 at 9:30a BC—2/28 at 9:30a</p> <p><b>Ice Cream Social Celebration Dates are:</b> E—1st Friday, BC—2nd Friday, C—3rd Friday</p>	1:30p Tech Tuesdays @ Chx Library are by appointment ONLY	1. C - 9a Coffee Talk, 9a Walkers, 1p Games/Puzzles, 2:30p Beginners Pickleball E - 10a Coffee Hour, 12:30p Card Bingo B—9:30a Coffee Klatch, 12:30p Mod Podge, 12:30p Table games/cards/puzzles	2. C— 9a Coffee Talk, 9a Walkers, 9a Tai Chi, 1p Any Games/Puzzles, 1:30p Advanced Pickleball E - 9a Hair Cuts w/Susan, 10a Coffee Hour, 10:30a Gym Walking, 11:30a Blood Pressure Check, 12:30p Texas Hold-em or Cards B—9:30a Coffee Klatch, 11:30a BP clinic, 12:30p Knit & Crochet	3. C—9a Coffee Talk, 9a Walkers, 10a Crafts, 1p Any Games/Puzzles, 1:30p Pickleball E - 11:30a Music Barry Loper, 12:30p Card BINGO/50-50 Drawing, B—9:30a Coffee Klatch, Super Bowl Fun Day, Music \$1 in Juke Box, 12:30p Table games/
<p>6. C - 9a Coffee Talk, 9a Walkers, 12:15 BINGO, 1p Bridge/Games/Puzzles, 1p Cardio Drumming, 1p Games &amp; Puzzles, 3:30p Beginners Pickleball E - 10:45a Exercise/Lisa, 12:30p Wii, Corn Hole Toss, Open Pool Table B - 9:30a Coffee Klatch, 9:30a Tai Chi, 11:30a Mayor Konklin, 12:30p BINGO, 1p Table games/cards/puzzles</p>	7. C - 9:30a Veterans Social, 9a Coffee Talk, 9a Walkers, 1p Games/Puzzles, 1:30p Tech Tuesdays @ Chx Library, 1:30p Advanced Pickleball, 4p Yoga E - 10a Coffee & Crafts, 11a Cardio Drumming, 12:30p Mexican Poker B - 9:30a Coffee Klatch, 9:30a Tour Fieldhouse, 12:30p BINGO, 1p Table games/cards/puzzles	8. C - 9a Coffee Talk, 9a Walkers, 9a Yoga, 10:15a Chair Yoga, 1p Games/Puzzles, 2:30p Beginners Pickleball E - 10a Coffee Hour, 12:30p Card Bingo B—9:30a Coffee Klatch, 10a Hand Massages, 12:30p Boyne Art Center Card Making, 12:30p Table games	9. C— 9a Coffee Talk, 9a Walkers, 9a Tai Chi, 1p Any Games/Puzzles, 1:30p Advanced Pickleball E - 10a Coffee Hour, 10:30a Gym Walking, 11:30a Blood Pressure Check, 12:30p Texas Hold-em or Cards B—9:30a Coffee Klatch, 12:30p Knit & Crochet, 12:30p Table games/cards/puzzles	10. C— 9a Coffee Talk, 9a Walkers, 10a Crafts, 11:30a Music Dan Gillespie/Dudley Stevens, 1p Any Games/Puzzles, 1:30p Pickleball E - 11:30a Music OJ Adkins, 12:30p Card BINGO/50-50 Drawing, B—9:30a Coffee Klatch, 12:30p Table games/cards/puzzles Music Monty & Barry Loper
<p>13. C - 9a Coffee Talk, 9a Walkers, 12:15 BINGO, 1p Bridge/Games/Puzzles, 1p Cardio Drumming, 3:30p Beginners Pickleball E - 10:45a Exercise/Lisa, 12:30p Wii, Corn Hole Toss, Open Pool Table B - 9:30a Coffee Klatch, 9:30a Tai Chi, 12:30p BINGO, 1p Table games/cards/puzzles</p>	14. C - 9a Coffee Talk, 9a Walkers, 1p Games/Puzzles, 1:30p Tech Tuesdays @ Chx Library, 1:30p Advanced Pickleball, 4p Yoga E - 10a Coffee & Crafts, 11a Cardio Drumming, 12:30p Mexican Poker B - 9:30a Coffee Klatch, 12:30p BINGO, 1p Table games/cards/puzzles	15. C - 9a Coffee Talk, 9a Walkers, 9a Yoga, 10:15a Chair Yoga, 1p Snowshoeing & Nature Walk, 1p Games/Puzzles, 2:30p Beginners Pickleball E - 10a Coffee Hour, 12:30p Card Bingo B—9:30a Coffee Klatch, 12:30p Crafting Corner, 12:30p Table games/cards/puzzles	16. C— 9a Coffee Talk, 9a Walkers, 9a Tai Chi, 1p Any Games/Puzzles, 1:30p Advanced Pickleball, 2p Silver Screen Movie Day @ Chx Cinema E - 10a Coffee Hour, 10a Hand Massages, 10:30a Gym Walking, 11:30a Blood Pressure Check, 12:30p Texas Hold-em or Cards B—9:30a Coffee Klatch, 12:30p Knit & Crochet, 12:30p Table games	17. C— 9a Coffee Talk, 9a Walkers, 10a Crafts, 1p Any Games/Puzzles, 1:30p Pickleball E - 11:30a Music \$1 in a Juke Box, 12:30p Card BINGO, 50/50 Drawing Drawing, B—9:30a Coffee Klatch, 12:30p Table games/cards/puzzles Music OJ Adkins
<p>20. <b>ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED</b></p>	21. C - 9a Coffee Talk, 9a Walkers, 1p Games/Puzzles, 1:30p Tech Tuesdays @ Chx Library, 1:30p Advanced Pickleball, 4p Yoga, E - 9:30a Veterans Social, 10a Coffee & Crafts, 11a Cardio Drumming, 12:30p Mexican Poker B - 9:30a Coffee Klatch, 12:30p BINGO, 1p Table games/cards/puzzles	22. C - 9a Coffee Talk, 9a Walkers, 9a Yoga, 10:15a Chair Yoga, 11a Hand Massages, 1p BGames/Puzzles, 2:30p Beginners Pickleball E - 10a Coffee Hour, 12:30p Card Bingo B—9:30a Coffee Klatch, 12:30p Crafting Corner, 12:30p Table games/cards/puzzles	23. C— 9a Coffee Talk, 9a Walkers, 9a Tai Chi, 1p Any Games/Puzzles, 1:30p Advanced Pickleball E - 10a Coffee Hour, 10:30a Gym Walking, 11:30a Blood Pressure Check, 12:30p Texas Hold-em or Cards B—9:30a Coffee Klatch, 11:30a BP Clinic, 12:30p Knit & Crochet, 12:30p Table games/cards/puzzles	24. C— 9a Coffee Talk, 9a Walkers, 10a Crafts, 1p Any Games/Puzzles, 1:30p Pickleball E - 11a Music Two Beats, 12:30p Card BINGO, 50/50 Drawing Drawing B—9:30a Coffee Klatch, 12:30p Table games/cards/puzzles Music Monty & Barry Loper
<p>27. C - 9a Coffee Talk, 9a Walkers, 12:15 BINGO, 1p Bridge/Games/Puzzles, 1p Cardio Drumming, 3:30p Beginners Pickleball E - 10:45a Exercise/Lisa, 12:30p Wii, Corn Hole Toss, Open Pool Table B - 9:30a Coffee Klatch, 9:30a Tai Chi, 12:30p BINGO, 1p Table games/cards/puzzles</p>	28. C - 9a Coffee Talk, 9a Walkers, 1p Games/Puzzles, 1:30p Tech Tuesdays @ Chx Library, 1:30p Advanced Pickleball, 4p Yoga E - 10a Coffee & Crafts, 11a Cardio Drumming, 12:30p Mexican Poker B—9:30a Veterans 9:30a Coffee Klatch, 12:30p BINGO, 1p Table games/cards/puzzles		<p>C = Charlevoix Center* 13513 Division St. Open Pool Table all day everyday E = East Jordan Center 951 Mill St. Open Pool Table all day everyday &amp; Many Wii Games. Open Gym Walking 9a-1p. Exercise Room open all day everyday.</p>	<p>B = Boyne Area Center 411 E. Division St. Exercise Room is open 11a-2p on days we are open for business.</p> <p>ALL ACTIVITIES SUBJECT TO CHANGE</p>

### Northwest Michigan Community Action Agency Free Tax Filing Services!

If your household makes \$75,000 a year or less, if you are a senior, veteran, disabled or speak limited English, our IRS Certified Tax Preparers are ready to file your taxes. We are here to give you the refund you deserve. We are available for in-person appointments, drop offs, and virtual. To get started please visit: [nmcaa.net/taxes](http://nmcaa.net/taxes).

#### Locations for in-person Appointments or Drop Offs:

Starting January 9th - Petoskey: 202 Mitchell Park (231) 347-9070

Starting February 14 (Tuesdays Only 9a-1p) Charlevoix: 6781 M-66 (231) 947-3780 - NO APPOINTMENTS NEEDED

#### Do it yourself.

An easy fast, self facilitated program backed by the United Way and the IRS, [myfreetaxes.com](http://myfreetaxes.com) offers FREE filing for simple returns and low-fee file for self-employed returns.

Virtual Tax Preparation is available starting January 31, 2023 through [getyourrefund.org/nmcaa](http://getyourrefund.org/nmcaa). This service is FREE and supported by the IRS. US Department of Treasury and the White House.

### February Travel Club with Sally

Due to staff availability, our February Travel Club Trips in February are to be determined at this time of publication.

We WILL be doing trips but the dates are still being coordinated with various schedules. Please be patient and check in at your senior center for the sign up sheets and announcements.

We love to do these trips with all of you and know that they are important connections for socializing with friends!

### 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 Boyne Senior Center - Conference Room, The Second Thursday of the month from 1pm - 2:30p

### 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, 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

### VALENTINE'S DAY

#### WORDSEARCH

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

february  
poem  
friendship  
holiday  
fourteenth  
balloon  
hug  
be mine  
love  
hearts  
lovebirds  
gift  
doves  
party

card  
kiss  
red  
presents  
chocolate  
rose  
candy  
romantic  
cupid  
valentine  
beloved  
tulips  
date  
envelope  
pink

Words may be horizontal, vertical and diagonal.

### Little Traverse Conservancy in Partnership with the COA is offering monthly FREE Experiences in Nature!

On February 15, 2023 at 1p there will be a Snowshoe Hike & finding Hearts in Nature at Susan Creek. Snowshoes and poles will be provided and we will only go as fast as the slowest person.

There are more than two mile of trails that allow you to explore the 314 acres. The preserve includes a mile of frontage on Susan Creek and a mile along US-31. The preserve lies adjacent to the land and trails of the 55-acre Taimi Hoag Natural Area owned by Little Traverse Bay Bands of Odawa Indians.

Please contact Sarah Koetje at 231-344-1014 or [koetj12@gmail.com](mailto:koetj12@gmail.com) for more information!

Anyone signing up at the Charlevoix Senior Center through the Charlevoix Commission on Aging will be eligible for a Free 1 year Little Traverse Conservancy Membership! Please sign up with your name and phone number.

Or you can contact Sarah Koetje directly at 231-344-1014 or [koetj12@gmail.com](mailto:koetj12@gmail.com) for more information or to