

March 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

## 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



**LUCK IS WHAT HAPPENS WHEN PREPARATION MEETS OPPORTUNITY.**

### MARCH 2023 NOTABLE DATES

- 1 World Compliment Day
- 2 Banana Cream Pie Day
- 3 I Want You to be Happy Day
- 4 March Forth and Do Something Day
- 5 Cheese Doodle Day
- 6 Oreo Cookie Day
- 7 Be Heard Day
- 8 Discover What Your Name Means Day
- 9 Get Over It Day
- 10 Day of Awesomeness
- 11 Fanny Pack Day
- 12 Daylight Saving Time Begins
- 13 Napping Day
- 14 Pi Day
- 15 Everything You Think is Wrong Day
- 16 Everything You Do is Right Day
- 17 St. Patrick's Day
- 18 Awkward Moments Day
- 19 Let's Laugh Day
- 20 Day of Happiness – Spring Begins!
- 21 Common Courtesy Day
- 22 Goof-off Day
- 23 Chip and Dip Day
- 24 Cheesesteak Day
- 25 Waffle Day
- 26 Make Up Your Own Holiday Day
- 27 Scribble Day
- 28 Something on a Stick Day
- 29 Smoke & Mirrors Day
- 30 I Am in Control Day
- 31 Crayola Crayon Day

## Director's CORNER

Are you Lucky or Grateful?  
 RichardWiseman.wordpress.com  
 Mindful.org

As we approach St. Patrick's Day on March 17, the unofficial symbol of the holiday is a three-leaf shamrock, or a three-leaf clover. Legend has it that St. Patrick used this common plant to help teach about the holy trinity.

This brings us to the question of whether we're lucky or grateful in our lives.

At certain times in life, we've all used the terms "lucky" and "grateful." Luck, according to the Merriam-Webster dictionary, is "a force that brings good fortune or adversity; the events or circumstances that operate for or against an individual."

Being grateful in the same dictionary is defined as "an appreciation of benefits received."

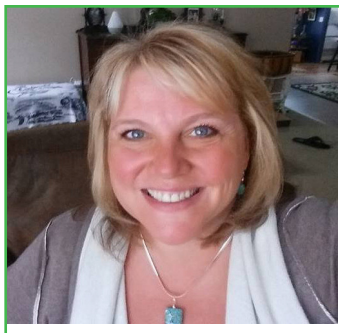
Just search the Internet and you'll find page after page written about luck and gratitude. There are websites about gratitude, books about luck and loads of advice and opinions on both subjects. Oprah said, "I believe luck is preparation meeting opportunity. If you hadn't been prepared when the opportunity came along, you wouldn't have been lucky."

And Karl Barth, a Swiss theologian, said, "Joy is the simplest form of gratitude."

So, what can you do to bring more luck and gratefulness into your life? It may be easier than you think.

According to Richard Wiseman, author of The Luck Factor, there are four principles of luck. They include:

- Maximizing your chance opportunities. This means you create, notice and act upon experiences that come your way.
- Listening to lucky hunches.



People who practice this go with their "gut" feelings and take active steps to boost their intuitive abilities such as meditation.

- Expect good fortune. This involves believing that the future is going to be full of good luck and then using those expectations as a self-fulfilling prophecy.

- Turn bad luck to good. Lucky people develop techniques to cope with bad fortune that may come their way. This can include taking control of a bad situation or imagining how things could have been worse.

On the website Mindful, there are several simple ways you can become more grateful in your everyday life:

- Keep a gratitude journal
- Remember the hard times to appreciate the good
- Share your gratitude with others
- Use visual reminders such as photos of loved ones or fun times
- Go through the motions of smiling and saying "thank you"
- Use positive language
- Be creative about finding gratitude in everyday moments
- Spread gratefulness by sharing it with others

Whether you consider yourself lucky, grateful or a combination of both, learning how to appreciate life in the moment will certainly make your journey a more meaningful and pleasant one.

## 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, CNA  
 Caroline Smith, CNA/  
 Homemaker  
 Kim Crandell, Homemaker  
 Rhonda Whiteford, Homemaker

**COA Advisory Board**  
 Wanda Carr - Chair; Ed May, Harry Wilson, Aleta Runey, Cathy Kessler, Vice Chair, 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!**

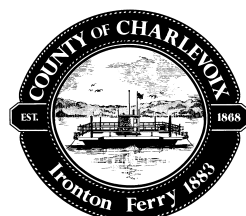
Visit our Website: [www.charlevoixcounty.org/Commission\\_on\\_Aging](http://www.charlevoixcounty.org/Commission_on_Aging) or our Facebook page "Charlevoix County Commission on Aging"

**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



**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.**



# Boyerne Area Activity Calendar

## Boyerne Area Senior Center Location Activities for March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Veteran Coffee/Donuts Social</b> 9:30a</p> <p><b>Ice Cream Social Celebration</b> 2st Friday</p> <p>Smart TV Activities and Education available</p> <p>ACTIVITIES ARE SUBJECT TO CHANGE</p>	<p>Boyerne Area Center 411 East Division St, Boyne City Site Coordinator: Anita</p> <p>Large Print Books, Puzzles &amp; Card Games. Cornhole, Wii and other games on request.</p> <p>Exercise Room open all day everyday.</p>	<p>1. 9:30a Coffee Klatch, <b>11a Hand Massages</b>, <b>12:30p Bingocize</b>, 12:30p Card/Table Games</p>	<p>2. 9:30a Coffee Klatch, <b>11:45a Chx Detective Drugs ID</b>, 12:30p Knit/Crochet/Crafts, 12:30p Card/Table Games</p>	<p>3. 9:30a Coffee Klatch, 11:30a Music \$1 in a Juke Box, 12:30p Card/Table Games</p>
<p>6. 9:30a Coffee Klatch, 9:30a Tai Chi, 12:30 BINGO, 1p Cards/Table Games</p>	<p>7. 9:30a Coffee Klatch, <b>10a BASC Building Board Meeting</b>, 12:30 BINGO, 1p Cards/Table Games <b>Foot Clinic</b></p>	<p>8. 9:30a Coffee Klatch, <b>12:30p Bingocize</b>, 12:30p Card/Table Games</p>	<p>9. 9:30a Coffee Klatch, 12:30p Knit/Crochet/Crafts, 12:30p Card/Table Games</p>	<p>10. <b>Ice Cream Social Celebration Day</b> 9:30a Coffee Klatch, 11:30a Music by Vintage, 12:30p Card/Table Games</p>
<p>13. 9:30a Coffee Klatch, 12:30 BINGO, 1p Cards/ Table Games</p>	<p>14. 9:30a Coffee Klatch, 12:30 BINGO, 1p Cards/Table Games</p>	<p>15. 9:30a Coffee Klatch, <b>12:30p Bingocize</b>, 12:30p Card/Table Games</p>	<p>16. 9:30a Coffee Klatch, <b>11:30a Blood Pressure Check</b>, 12:30p Knit/Crochet/Crafts, 12:30p Card/Table Games <b>Foot Clinic</b></p>	<p>17. <b>St. Patty's Day Celebration—Wear Green!</b> 9:30a Coffee Klatch, 11:30a Music OJ Adkins, 1p Card/Table Games</p>
<p>20. 9:30a Coffee Klatch, 12:30 BINGO, 1p Cards/ Table Games</p>	<p>21. 9:30a Coffee Klatch, 12:30 BINGO, 1p Cards/Table Games</p>	<p>22. 9 :30a Coffee Klatch, <b>12:30p Bingocize</b>, 12:30p Card/Table Games</p>	<p>23. 9:30a Coffee Klatch, 12:30p Knit/Crochet/Crafts, 12:30p Card/Table Games</p>	<p>24. 9:30a Coffee Klatch, 11:30a Music by Vintage, 12:30p Card/Table Games</p>
<p>27. 9:30a Coffee Klatch, 12:30 BINGO, 1p Cards/ Table Games</p>	<p>28. <b>9:30a Veterans Social</b>, 9:30a Coffee Klatch, 12:30 BINGO, 1p Cards/Table Games <b>Foot Clinic</b></p>	<p>29. 9:30a Coffee Klatch, <b>12:30p Bingocize</b>, 12:30p Card/Table Games</p>	<p>30. :30a Coffee Klatch, 12:30p Knit/Crochet/Crafts, 12:30p Card/Table Games</p>	<p>31. 9:30a Coffee Klatch, 11:30a Music Lucky Stars Band, 1p Card/Table Games</p>

# East Jordan Activity Calendar

## East Jordan Senior Center Location Activities for March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Veteran Coffee/Donuts Social</b> 9:30a</p> <p><b>Ice Cream Social Celebration</b> 1st Friday</p> <p>Smart TV Activities and Education available</p> <p>ACTIVITIES ARE SUBJECT TO CHANGE</p>	<p>East Jordan Center 951 Mill St., East Jordan 231-536-7831 Site Coordinator: Brenda</p> <p>Open Pool Table all day everyday &amp; Many Wii Games.</p> <p>Open Gym Walking 9a-1p. Exercise Room open all day everyday.</p>	<p>1. 9:30a Coffee Hour, 12:30p Card Bingo</p>	<p>2. <b>9a Hair Cuts w/Susan</b>, 9:30a Coffee Hour, <b>11:30a Blood Pressure Check</b>, 12:30p Texas Hold-em or Cards</p>	<p>3. <b>Ice Cream Social Celebration Day</b> 11:30a Music Barry Loper, 12:30p Card BINGO, 50/50 Drawing</p>
<p>6. 9:30a Coffee Hour, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table</p>	<p>7. 9:30a Coffee Hour, 10a Knit &amp; Crochet, 11a Cardio Drumming, 12:30p Euchre</p>	<p>8. 9:30a Coffee Hour, 12:30p Card Bingo</p>	<p>9. 9:30a Coffee Hour, <b>10a EJSC Advisory Board Meeting</b>, <b>11:30a EJ Library Update w/Louise</b>, 12:30p Texas Hold-em or Cards</p>	<p>10. 11:30a Music OJ Adkins, 12:30p Card BINGO, 50/50 Drawing</p>
<p>13. 9:30a Coffee Hour, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table</p>	<p>14. 9:30a Coffee Hour, 10a Knit &amp; Crochet, 11a Cardio Drumming, 12:30p Euchre <b>Foot Clinic</b></p>	<p>15. 9:30a Coffee Hour, <b>11:30a Vaccines w/ Katie Parr</b>, 12:30p Card Bingo</p>	<p>16. 9:30a Coffee Hour, <b>10a Hand Massages</b>, 12:30p Texas Hold-em or Cards</p>	<p>17. <b>St. Patty's Day Celebration—Wear Green!</b> 11:30a Music \$1 in a Juke Box, 12:30p Card BINGO, 50/50 Drawing</p>
<p>20. 9:30a Coffee Hour, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table</p>	<p>21. <b>9:30a Veterans Social</b>, 9:30a Coffee Hour, 10a Knit &amp; Crochet, 11a Cardio Drumming, 12:30p Euchre</p>	<p>22. 9:30a Coffee Hour, 12:30p Card Bingo</p>	<p>23. 9:30a Coffee Hour, <b>11:30a Blood Pressure Check</b>, 12:30p Texas Hold-em or Cards <b>Foot Clinic</b></p>	<p>24. 11a Music Two Beats, 12:30p Card BINGO, 50/50 Drawing</p>
<p>27. 9:30a Coffee Hour, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table</p>	<p>28. 9:30a Coffee Hour, 10a Knit &amp; Crochet, 11a Cardio Drumming, 12:30p Euchre</p>	<p>29. 9:30a Coffee Hour, 12:30p Card Bingo</p>	<p>30. 9:30 Coffee Hour, 12:30p Texas Hold-em or Cards</p>	<p>31. 11a LIVE Music, 12:30p Card BINGO, 50/50 Drawing</p>

# ALL Charlevoix County Senior Center Menus

All Senior Center Locations Lunch Menu March 2023 (11:30a—12:30p)

Commission On Aging 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
Homemade Soup now served 3 days a week with your meal.  <b>Alternative Meal for Week:</b> Turkey & Provolone Wrap	<b>ALL MEALS INCLUDE MILK, BREAD &amp; BUTTER, 2 VEGGIES &amp; A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE</b>	1. <b>World Compliment Day</b> Ham, Pineapple, Scalloped Potatoes, Vegetable Medley	2. Chicken Supreme, Chicken Breast, Gravy, Mashed Potatoes, Garden Vegetable, Fruit	3. Cooks Choice Potato, Fresh Vegetable, Fruit
6. <b>Oreo Cookie Day</b> Breakfast Tacos, Scrambled Eggs, Diced Bacon, Soft Tortillas, Salsa Cup, Hashbrowns, Fruit <b>Alternative Meal for Week:</b> Chicken Salad Croissant	7. <b>Be Heard Day</b> Asian Beef & Vegetables, Oriental Vegetables, Seasoned Rice, Mini Spring Roll, Fruit	8. BBQ Boneless Pork Chop, 1/2 Baked Potato, Sour Cream Cup, Green Beans, Fruit	9. <b>Get Over It Day</b> Shepard's Pie, Beef, Stew Vegetables, Topped with Mashed Potatoes, Fruit	10. <b>Day of Awesomeness</b> Cooks Choice or Seafood Selection Potato, Fresh Vegetable, Fruit
13. <b>Napping Day</b> Open Faced Rubeen, Sauerkraut, Swiss, Tater Tots, Vegetable, Fruit <b>Alternative Meal for Week:</b> Tuna Pasta Salad	14. <b>PI Day</b> Large Bowl of Bean & Ham Soup, Cottage Cheese with Peaches, Saltine Crackers	15. Liver & Onions or Beef Fritter, Mashed Potatoes & Gravy, Fresh Vegetable, Fruit	16. Garlic Parmesan Chicken Wings, Ranch Wedge Fries, Mixed Vegetables, Fruit	17. <b>St. Patrick's Day Celebration</b> Corned Beef & Cabbage, Boiled Potatoes & Carrots, Fruit, <b>Special Green Dessert</b>
20. <b>SPRING BEGINS</b> Baked Potato with Cheese, Beef Chili, Sour Cream Cup, Diced Tomatoes, Fruit <b>Alternative Meal for Week:</b> Ham, Green Onion, Cream Cheese Pinwheel	21. <b>Common Courtesy Day</b> Pepperoni Breadstick, Pasta Marinara, Vegetable Medley, String Cheese Stick, Fruit	22. <b>Goof-Off Day</b> Chicken Lasagna, Carrots, Garlic Bread, Fruit	23. Mom's Meatloaf, Mashed Potatoes & Gravy, Fresh Vegetable, Fruit,	24. Cooks Choice or Seafood Selection Potato, Fresh Vegetable, Fruit
27. <b>Scribble Day</b> Sweet & Sour Popcorn Chicken, Brown Rice, Vegetables, Fruit <b>Alternative Meal for Week:</b> Maurice Salad	28. UP Poutine Fries, Shredded Beef, Wedge Fries, Cheese Curds, Gravy, Vegetable, Fruit	29. <b>Smoke &amp; Mirrors Day</b> Spaghetti Marinara, Ground Turkey Meatballs, Garlic Bread, Garden Vegetable, Fruit	30. Roasted Pork Loin, Mashed Potatoes & Gravy, Vegetable Medley, Fruit,	31. <b>Crayola Crayon Day</b> Lemon Pepper Cod, Seasoned Rice, Mixed Vegetable, Fruit

## Charlevoix Activity Calendar

### Charlevoix Senior Center Location Activities for March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Veteran Coffee/Donuts Social</b> 9:30a <b>Ice Cream Social Celebration</b> 3rd Friday ACTIVITIES ARE SUBJECT TO CHANGE <b>1:30p Tech Tuesdays @ Chx Library by appt.</b>	Charlevoix Center 13513 Division Ave, Charlevoix Site Coordinator: Vikki  Cornhole, Wii and other games on request. Smart TV Activities and Education available	1. 9a Coffee Talk, Walkers, <b>9a, Yoga, 10:15a Chair Yoga, 10:30p Bingocize</b> , 1p Card/Table Games/Puzzles, <b>2:30p Beginners Pickleball</b>	2. 8a Breakfast, 9a Coffee Talk, Walkers, <b>9a Tai Chi</b> , 1p Card/Table Games/Puzzles, <b>1:30p Advanced Pickleball</b>	3. 9a Coffee Talk, Walkers, 10a Crafts, 1p Card/Table Games/Puzzles, <b>1:30p Advanced Pickleball</b>
6. 9a Coffee Talk, Walkers, 12:15p BINGO, <b>1p Cardio Drumming</b> , 1p Card/Table Games/Puzzles, <b>3:30p Beginners Pickleball</b>	7. <b>9:30a Veterans Social</b> , 9a Coffee Talk, Walkers, 1p Card/Table Games/Puzzles, <b>1:30p Advanced Pickleball, 4p Yoga</b>	8. 9a Coffee Talk, Walkers, <b>9a, Yoga, 10:15a Chair Yoga, 10:30p Bingocize</b> , 1p Card/Table Games/Puzzles, 2:30p Beginners Pickleball	9. 8a Breakfast, 9a Coffee Talk, Walkers, <b>9a Tai Chi, 11:30a Blood Pressure Checks</b> , 1p Card/Table Games/Puzzles, <b>1:30p Advanced Pickleball, Foot Clinic</b>	10. 9a Coffee Talk, Walkers, 10a Crafts, 1p Card/Table Games/Puzzles, <b>1:30p Advanced Pickleball</b>
13. 9a Coffee Talk, Walkers, 12:15p BINGO, <b>1p Cardio Drumming</b> , 1p Card/Table Games/Puzzles, <b>3:30p Beginners Pickleball</b>	14. 9a Coffee Talk, Walkers, <b>10a AARP Presentation</b> , 1p Card/Table Games/Puzzles, <b>1:30p Advanced Pickleball, 4p Yoga</b>	15. 9a Coffee Talk, Walkers, <b>9a, Yoga, 10:15a Chair Yoga, 10:30p Bingocize</b> , 1p Card/Table Games/Puzzles, 2:30p Beginners Pickleball	16. 8a Breakfast, 9a Coffee Talk, Walkers, <b>9a Tai Chi</b> , 1p Card/Table Games/Puzzles, <b>1:30p Advanced Pickleball 2p Silver Screen Movie Club</b>	17. <b>St. Patty's Day Celebration/Ice Cream Social Celebration Day</b> 9a Coffee Talk, Walkers, 10a Crafts, 1p Card/Table Games/Puzzles, <b>1:30p Advanced Pickleball</b>
20. 9a Coffee Talk, Walkers, 12:15p BINGO, <b>1p Cardio Drumming</b> , 1p Card/Table Games/Puzzles, <b>3:30p Beginners Pickleball</b>	21. 9a Coffee Talk, Walkers, 1p Card/Table Games/Puzzles, <b>11a Hand Massages, 1:30p Advanced Pickleball, 4p Yoga Foot Clinic</b>	22. 9a Coffee Talk, Walkers, <b>9a, Yoga, 10:15a Chair Yoga, 10:30p Bingocize</b> , 11:30a Music Dan Gillespie/Dudley Stevens, 1p Card/Table Games/Puzzles, 2:30p Beginners Pickleball	23. 8a Breakfast, 9a Coffee Talk, Walkers, <b>9a Tai Chi</b> , 1p Card/Table Games/Puzzles, <b>1:30p Advanced Pickleball</b>	24. 9a Coffee Talk, Walkers, 10a Crafts, 1p Card/Table Games/Puzzles, <b>1:30p Advanced Pickleball</b>
27. 9a Coffee Talk, Walkers, 12:15p BINGO, <b>1p Cardio Drumming</b> , 1p Card/Table Games/Puzzles, <b>3:30p Beginners Pickleball</b>	28. 9a Coffee Talk, Walkers, 1p Card/Table Games/Puzzles, <b>1:30p Advanced Pickleball, 4p Yoga</b>	29. 9a Coffee Talk, Walkers, <b>9a, Yoga, 10:15a Chair Yoga, 10:30p Bingocize</b> , 1p Card/Table Games/Puzzles, 2:30p Beginners Pickleball	30. 8a Breakfast, 9a Coffee Talk, Walkers, <b>9a Tai Chi, 11:30a Blood Pressure Checks</b> , 1p Card/Table Games/Puzzles, <b>1:30p Advanced Pickleball</b>	31. 9a Coffee Talk, Walkers, 10a Crafts, 1p Card/Table Games/Puzzles, <b>1:30p Advanced Pickleball</b>



### HOMEOWNER SCAM, PLEASE BEWARE

The Charlevoix County Register of Deeds office is advising homeowners of a potential real estate scam involving homes not only in Michigan, but throughout the country. One such company, MV Realty, offers property owners cash in exchange for the future rights to act as the listing agent on their home, should they decide to sell. These agreements can constitute a 40-year lien on your property, that may carry on in succession as well.

These agreements can cause issues with any number of actions a homeowner may decide to take in the future including mortgages, refinancing, or any transfer of ownership to family or others. These agreements may also offer the option to leave the agreement, should you choose, for a fee. This fee may be represented as a small percentage, but can equate to a large dollar value based on the market value of your home, to either yourself or your potential heir(s).

As with any offer, these "homeowner benefit programs" should be approached with extreme caution and due diligence. You are urged to do research on your own, and searches of one such company (MV Realty) will show current litigation with at least 3 states, as well as requests for investigation by the Federal Trade Commission. Homeowners may want to seek legal counsel, or consult a real estate professional, before committing to any such agreement or contract.

### March Travel Club with Sally

**Due to staff availability, our March Travel Club Trips in March 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**

#### 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*

### St Patrick's Day word Search!



Coins	Green	Limerick	Rainbow
Corned Beef	Harp	Luck	Seventeen
Fiddle	Ireland	March	Shamrock
Gold	Leprechaun	Mischief	Snake

### Charlevoix Senior Center Breakfast

**Menu March 2023 (8a—9a)**

\$3 donation for 60 Years Old and older

\$8 Cost for 59 Years Old and younger

**THURSDAYS ONLY**

**IN CHARLEVOIX ONLY**

**Charlevoix Center: 547-5361**

**All Breakfasts include Fresh Fruit, Yogurt, Choice of Apple or Orange Juice, Milk**

**3/3. Hot Breakfast:**

**Egg, Cheese, and Sausage Breakfast Sandwich with Tater tots.**

**3/10. Hot Breakfast:**

**French Toast Sticks, Grilled Ham, Syrup Cup and Hashbrowns.**

**3/17. Hot Breakfast:**

**Breakfast Burrito with Eggs, Hash Browns, Bacon & Cheese.**

**3/24. Hot Breakfast:**

**Corned Beef Hash with Oven Baked Egg.**

**3/31. Hot Breakfast:**

**Biscuit & Sausage Gravy and Scrambled**