

April 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

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



“WHERE FLOWERS BLOOM SO DOES HOPE.” ~ LADY BIRD JOHNSON

APRIL 2023 NOTABLE DATES

- 1 April Fool's Day
- 2 Peanut Butter & Jelly Day
- 3 Don't Go to Work Unless It's Fun Day
- 4 Walk Around Things Day
- 5 Deep Dish Pizza Day
- 6 Sorry Charlie Day
- 7 Good Friday
- 8 All Is Ours Day
- 9 Easter Sunday
- 10 Siblings Day
- 11 Pet Day
- 12 Grilled Cheese Sandwich Day
- 13 Scrabble Day
- 14 Gardening Day
- 15 Take A Wild Guess Day
- 16 Go Fly A Kite Day
- 17 Blah! Blah! Blah! Day
- 18 Animal Crackers Day
- 19 Hanging Out Day
- 20 Look Alike Day
- 21 Chocolate Covered Cashews Day
- 22 Earth Day
- 23 Take A Chance Day
- 24 Pigs in a Blanket Day
- 25 Mani-Pedi Day
- 26 Pretzel Day
- 27 Tell A Story Day
- 28 Blueberry Pie Day
- 29 Zipper Day
- 30 Honesty 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.

Director's CORNER



accomplishment.

Volunteering your time and energy helps strengthen your community, but it also has important emotional and physical benefits.

This month in honor of Volunteer Appreciation Month, I want you to reimagine aging through volunteering. More and more benefits linked with volunteering are being realized, specifically when volunteering after retirement.

According to a study done by the Corporation for National and Community Service, Americans over the age of 60 that volunteered reported lower disability and higher levels of well-being compared to those who did not volunteer.

Here are just some reasons retired adults should volunteer: It's good for mental health. Volunteering keeps the brain active, which contributes to a person's cognitive health.

The National Institute on Aging reported that participating in activities that are meaningful and productive may lower the risk of dementia and other health problems in seniors.

Helps prevent senior isolation and depression. While getting out of the house is important at any age, research found that volunteering can have positive effects on a person's psychological health.

In a study done by the Corporation for National and Community Service, researchers found that individuals who engaged in volunteering activities experienced a shorter course of depression than those who did not volunteer. Volunteering provides the senior a sense of purpose and

It promotes physical activity. Physical activity remains an important role in positive health outcomes through the oldest ages. Whether that activity is helping with a local sports team or walking around your neighborhood while volunteering as a companion, maintaining a healthy level of fitness helps fend off diseases as you age.

Volunteering at any of the Charlevoix County Senior Centers can be what you want it to be. However you decide to spend your time volunteering, it's important to look for opportunities that fit into your schedule.

Find an activity you're passionate about. It's never too late to get started. Whether you just retired or are in your later years there is an opportunity out there for you.

Contact Kevin Clements, the COA Volunteer Coordinator, at 231-237-0103 or clements@charlevoixcounty.org if you are interested in volunteering with us.

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 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

Boyer 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



Boyerne Area Activity Calendar

Boyerne Area Senior Center Location Activities for April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Veteran Coffee/Donuts Social 9:30a</p> <p>Ice Cream Social Celebration 2st Friday</p>	<p>Boyerne Area Center 411 East Division St, Boyerne City Site Coordinator: Anita</p>	<p>Large Print Books, Puzzles & Card Games. Cornhole, Wii and other games on request.</p> <p>Exercise Room open all day everyday.</p>	<p>Smart TV Activities and Education available</p> <p>ACTIVITIES ARE SUBJECT TO CHANGE</p>	<p>Connect with Amy Wieland the COA Director on April 11, 2023 from 11a—2p.</p>
<p>3. 9:30a Coffee Klatch, 9:30a Cardio Drumming, 12:30 BINGO, 1p Cards/ Table Games</p>	<p>4. 9:30a Coffee Klatch, 10a BASC Building Board Meeting, 12:30 BINGO, 1p Cards/Table Games Foot Clinic</p>	<p>5. 9:30a Coffee Klatch, 9:30a Cardio Drumming, 12:30p Bingocize, 12:30p Card/Table Games</p>	<p>6. 9:30a Coffee Klatch, 11:30a Blood Pressure Check, 12:30p Knit/ Crochet/Crafts, 12:30p Card/Table Games</p>	<p>7. Good Friday</p> <p>All COA Offices and Senior Centers are CLOSED ALL DAY.</p>
<p>10. 9:30a Coffee Klatch, 9:30a Cardio Drumming, 12:30 BINGO, 1p Cards/ Table Games</p>	<p>11. 9:30a Coffee Klatch, 1p BASC Advisory Committee Meeting, 11a-2p Connect with COA Director, 12:30 BINGO, 1p Cards/Table Games</p>	<p>12. 9:30a Coffee Klatch, 9:30a Cardio Drumming, 12:30p Bingocize, 12:30p Card/Table Games</p>	<p>13. 9:30a Coffee Klatch, 12:30p Knit/Crochet/ Crafts, 12:30p Card/Table Games Foot Clinic</p>	<p>14. Ice Cream Social Celebration Day 9:30a Coffee Klatch, 9:30a Cardio Drumming, 11:30a Music by Vintage, 1p Card/ Table Games</p>
<p>17. 9:30a Coffee Klatch, 9:30a Cardio Drumming, 12:30 BINGO, 1p Cards/ Table Games</p>	<p>18. 9:30a Coffee Klatch, 12:30 BINGO, 1p Cards/ Table Games</p>	<p>19. 9:30a Coffee Klatch, 9:30a Cardio Drumming, 12:30p Bingocize, 12:30p Card/Table Games</p>	<p>20. 9:30a Coffee Klatch, 12:30p Knit/Crochet/ Crafts, 12:30p Card/Table Games</p>	<p>21. 9:30a Coffee Klatch, 9:30a Cardio Drumming, 11:30a Music by Lucky Stars, 12:30p Card/Table Games</p>
<p>24. 9:30a Coffee Klatch, 9:30a Cardio Drumming, 12:30 BINGO, 1p Cards/ Table Games Boyerne Arts Center Field Trip</p>	<p>25. 9:30a Veterans Social, 9:30a Coffee Klatch, 12:30 BINGO, 1p Cards/Table Games Foot Clinic</p>	<p>26. 9:30a Coffee Klatch, 9:30a Cardio Drumming, 12:30p Bingocize, 12:30p Card/Table Games</p>	<p>27. 9:30a Coffee Klatch, 11:30a Blood Pressure Check, 12:30p Knit/ Crochet/Crafts, 12:30p Card/Table Games</p>	<p>28. 9:30a Coffee Klatch, 9:30a Cardio Drumming, 11:30a Music by Vintage, 1p Card/Table Games</p>

East Jordan Activity Calendar

East Jordan Senior Center Location Activities for April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Veteran Coffee/Donuts Social 9:30a</p> <p>Ice Cream Social Celebration 1st Friday</p>	<p>East Jordan Center 951 Mill St., East Jordan 231-536-7831 Site Coordinator: Brenda</p> <p>ACTIVITIES ARE SUBJECT TO CHANGE</p>	<p>Open Pool Table all day everyday & Many Wii Games.</p>	<p>Open Gym Walking 9a-1p. Exercise Room open all day everyday.</p> <p>Smart TV Activities and Education available</p>	<p>Connect with Amy Wieland the COA Director on April 20, 2023 from 11a—2p.</p>
<p>3. 9:30a Coffee Hour, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table</p>	<p>4. 9:30a Coffee Hour, 10a Knit & Crochet, 11a Cardio Drumming, 12:30p Euchre</p>	<p>5. 9:30a Coffee Hour, 12:30p Card Bingo</p>	<p>6. 9a Hair Cuts w/Susan, 9:30a Coffee Hour, 12:30p Texas Hold-em or Cards, 12:30p Bingocize</p>	<p>7. Good Friday</p> <p>All COA Offices and Senior Centers are CLOSED ALL DAY.</p>
<p>10. 9:30a Coffee Hour, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table</p>	<p>11. 9:30a Coffee Hour, 10a Knit & Crochet, 11a Cardio Drumming, 12:30p Euchre Foot Clinic</p>	<p>12. 9:30a Coffee Hour, 12:30p Card Bingo</p>	<p>13. 10a EJSC Advisory Board 9:30a Coffee Hour, 12:30p Texas Hold-em or Cards, 12:30p Bingocize</p>	<p>14. 11:30a Music OJ Adkins, 12:30p Card BINGO, 50/50 Drawing</p>
<p>17. 9:30a Coffee Hour, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table</p>	<p>21. 9:30a Veterans Social, 9:30a Coffee Hour, 10a Knit & 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, 10a Hand Massages, 11a Connect with Amy, 11:30a Blood Pressure Check, 12:30p Texas Hold-em or Cards, 12:30p Bingocize Foot Clinic</p>	<p>21. 11a Music \$1 in the Juke Box, 12:30p Card BINGO, 50/50 Drawing</p>
<p>24. 9:30a Coffee Hour, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table</p>	<p>25. 9:30a Coffee Hour, 10a Knit & Crochet, 11a Cardio Drumming, 12:30p Euchre</p>	<p>26. 9:30a Coffee Hour, 12:30p Card Bingo</p>	<p>27. 9:30 Coffee Hour, 12:30p Texas Hold-em or Cards, 12:30p Bingocize</p>	<p>28. 11a Music Two Beats, 12:30p Card BINGO, 50/50 Drawing</p>

ALL Charlevoix County Senior Center Menus

Charlevoix Senior Center Location Activities for April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Veteran Coffee/Donuts Social 9:30a</p> <p>1:30p Tech Tuesdays @ Chx Library by appt.</p>	<p>Charlevoix Center 13513 Division Ave, Charlevoix Site Coordinator: Vikki</p>	<p>Cornhole, Wii and other games on request. Smart TV Activities and Education available</p> <p>ACTIVITIES ARE SUBJECT TO CHANGE</p>	<p>Ice Cream Social Celebration 3st Friday</p> <p>Silver Screen Movie Club is at the Charlevoix Cinema</p>	<p>Connect with Amy Wieland the COA Director on April 26 2023 from 11a—2p.</p>
<p>3. 9a Coffee Talk, Walkers, 12:15p BINGO, 1p Cardio Drumming, 1p Card/Table Games/Puzzles, 3:30p Beginners Pickleball</p>	<p>4. 9:30a Veterans Social, 9a Coffee Talk, Walkers, 1p Card/Table Games/Puzzles, 1p Movies in COA Room, 1:30p Advanced Pickleball, 4p Yoga</p>	<p>5. 9a Coffee Talk, Walkers, 9a, Yoga, 10:15a Chair Yoga, 10:30p Bingocize, 1p Card/Table Games/Puzzles, 2:30p Beginners Pickleball</p>	<p>6. 8a Breakfast, 9a Coffee Talk, Walkers, 1p Card/Table Games/Puzzles, 1:30p Advanced Pickleball, 2p Silver Screen Movie Club Foot Clinic</p>	<p>7. Good Friday</p> <p>All COA Offices and Senior Centers are CLOSED ALL DAY.</p>
<p>10. 9a Coffee Talk, Walkers, 12:15p BINGO, 1p Cardio Drumming, 1p Card/Table Games/Puzzles, 3:30p Beginners Pickleball</p>	<p>11. 9a Coffee Talk, Walkers, 10a AARP Presentation, 1p Card/Table Games/Puzzles, 1p Movies in COA Room, 1:30p Advanced Pickleball, 4p Yoga</p>	<p>12. 9a Coffee Talk, Walkers, 9a, Yoga, 10:15a Chair Yoga, 10:30p Bingocize, 1p Card/Table Games/Puzzles, 2:30p Beginners Pickleball</p>	<p>13. 8a Breakfast, 9a Coffee Talk, Walkers, 1p Card/Table Games/Puzzles, 1:30p Advanced Pickleball 2p Silver Screen Movie Club</p>	<p>14. 9a Coffee Talk, Walkers, 10a Crafts, 1p Card/Table Games/Puzzles, 1:30p Open Pickleball</p>
<p>17. 9a Coffee Talk, Walkers, 12:15p BINGO, 1p Cardio Drumming, 1p Card/Table Games/Puzzles, 3:30p Beginners Pickleball</p>	<p>18. 9a Coffee Talk, Walkers, 1p Card/Table Games/Puzzles, 1p Movies in COA Room, 1:30p Advanced Pickleball, 4p Yoga Foot Clinic</p>	<p>19. 9a Coffee Talk, Walkers, 9a, Yoga, 10:15a Chair Yoga, 10:30p Bingocize, 11a Hand Massages, 1p Card/Table Games/Puzzles, 2:30p Beginners Pickleball</p>	<p>20. 8a Breakfast, 9a Coffee Talk, Walkers, 1p Card/Table Games/Puzzles, 1:30p Advanced Pickleball, 2p Silver Screen Movie Club</p>	<p>21. Ice Cream Social Celebration Day 9a Coffee Talk, Walkers, 10a Crafts, 10:30a Music by The Maestros, 1p Card/Table Games/Puzzles, 1:30p Open Pickleball</p>
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Charlevoix Activity Calendar

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<p>24. 9a Coffee Talk, Walkers, 12:15p BINGO, 1p Cardio Drumming, 1p Card/Table Games/Puzzles, 3:30p Beginners Pickleball</p>	<p>25. 9a Coffee Talk, Walkers, 1p Card/Table Games/Puzzles, 1p Movies in COA Room, 1:30p Advanced Pickleball, 4p Yoga</p>	<p>26. 9a Coffee Talk, Walkers, 9a, Yoga, 10:15a Chair Yoga, 10:30p Bingocize, 11a-2p Connect w/ Director, 1p Card/Table Games/Puzzles, 2:30p Beginners Pickleball</p>	<p>27. 8a Breakfast, 9a Coffee Talk, Walkers, 12p BBB Randy Travis—Fraud, 1p Card/Table Games/Puzzles, 1:30p Advanced Pickleball, 2p Silver Screen Movie Club</p>	<p>28. 9a Coffee Talk, Walkers, 10a Crafts, 1p Card/Table Games/Puzzles, 1:30p Open Pickleball</p>

April Travel Club with Sally

APRIL IS THE MONTH FOR OUR RESALE SHOPPING TRIPS!

We are headed to Petoskey to see some of their resale stores and will stop for lunch at a fast food restaurant. This trip will involve quite a bit of walking and getting in and out of the van.

We will leave each Senior Center at 9:30am and return approximately between 2:30p-3:00pm. Cost is \$2.00 for the trip plus money for lunch and shopping.

East Jordan's Trip is Tuesday, April 4, 2023
 Charlevoix's Trip is Wednesday, April 12, 2023
 Boyne's Trip is Wednesday, April 18, 2023

Please sign up at your center for your trip.
 We love to do these trips with all of you and know that they are important connections for socializing with friends!



A generous anonymous donation at our Boyne Area Senior Center in an effort to create a positive and happy experience for one of our lucky participants!

Anita had an Easter Egg Decorating Contest and our lucky winner received this very sweet Easter Basket!

Thank you!~

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.

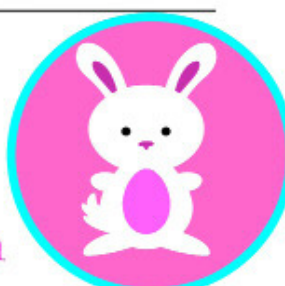
Please call Lonnie or the COA Office on the Mainland for all the Other Beaver Island Fun Activities planned like the Tai-Chi, Strength Training, BINGO, Crafts and More!

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 Easter Word Search

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

- | | | |
|-----------|------------|--------|
| BUNNY | DAFFODILS | LAMBS |
| DUCKLINGS | EGG | IRIS |
| BONNET | JELLYBEANS | BASKET |
| SPRING | RABBIT | CHICKS |
| EGGS | CHOCOLATE | HUNT |



www.thriftymommastips.com

Charlevoix Senior Center Breakfast

Menu April 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

4/6. Hot Breakfast:
 Ham, Egg, and Cheese Breakfast
 Sandwich.

4/13. Hot Breakfast:
 Pancakes, Sausage, and
 Syrup Cup.

4/20. Hot Breakfast:
 Breakfast Tacos with Eggs, Diced Bacon &
 Salsa.

4/27. Hot Breakfast:
 Ham & Cheese Omlette with Rosemary
 potatoes.