

January 2024

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



THERE IS SO MUCH HOPE IN A LITTLE FLOWER...SURROUNDED BY SNOW.

JANUARY 2024 NOTABLE DATES

- 1 *New Year's Day*
- 2 *Science Fiction Day*
- 3 *Chocolate Covered Cherry Day*
- 4 *Spaghetti Day*
- 5 *Bird Day*
- 6 *Take Down the Christmas Tree Day*
- 7 *I'm Not Going To Take It Anymore Day*
- 8 *Clean Off Your Desk Day*
- 9 *Apricot Day*
- 10 *Cut Your Energy Costs Day*
- 11 *Learn Your Name in Morse Code Day*
- 12 *Hot Tea Day*
- 13 *Make Your Dreams Come True Day*
- 14 *Organize Your Home Day*
- 15 *Hat Day*
- 16 *Nothing Day*
- 17 *Ditch New Year's Resolutions Day*
- 18 *Gourmet Coffee Day*
- 19 *Popcorn Day*
- 20 *Use Your Gift Card Day*
- 21 *Hugging Day*
- 22 *Blonde Brownie Day*
- 23 *Pie Day*
- 24 *Belly Laugh Day*
- 25 *Opposite Day*
- 26 *Fun at Work Day*
- 27 *Chocolate Cake Day*
- 28 *Kazoo Day*
- 29 *Puzzle Day*
- 30 *Plan for a Vacation Day*
- 31 *Backwards 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



I hope this finds you enjoying the crisp days of Winter. I am including information about Charlevoix County Commission on Aging closures, inclement weather meals and our Inclement weather closing process.

As the holiday season finishes, we will have some upcoming closures and will not be delivering meals.

Our Home Delivered Meal Clients will receive a frozen meal with your delivery prior to each of these closure days.

Please see the following list of closures which would include no delivery of home delivered meals: MLK Day-1/15/2024, President's Day-2/19/2024.

We will be sending two frozen meals to each of our Home Delivery Meal (HDM) clients in January 2024. Please place these in your freezer to use when you do not receive a meal if we are not delivering meals due to inclement weather.

As a reminder, we do not deliver meals if Charlevoix County Transit has cancelled their services for the day.

Should a center of COA Office need to be closed due to inclement weather, we will announce closings or delays on TV 9&10, TV 7&4, Big Country 102.9, WKHQ 105.9, Lite 96.3, our Commission on Aging website, Facebook, and Instagram.

All of our Centers and COA Offices are OPEN when Schools are CLOSED. We feel that it is important for our seniors to have a warm place to go and have a hot meal. As a reminder, you do not need to drive, the COA pays for all seniors 60 years old and older to ride for FREE on Charlevoix County Transit.

Don't fall into the information trap of taking someones word or seeing information on a friends social media page. Get current up to day information directly from the

COA. Where Can I Get Information... The COA has a webpage on the Charlevoix County website-www.charlevoixcounty.org, Facebook and Instagram account, monthly Senior Hi-Lites section of the Charlevoix County News the fourth week of the month, monthly education handouts and coming to the Center for Site Coordinator announcements before the meal are the best ways to keep up to date on what is happening at your Center!

We would also welcome you to pick up the phone and call any of our locations or the COA Offices to get your questions answered.

We are here for you. We are THE Aging Community resource and can either assist you directly or refer you to someone who can help you with your situation or need.

This NEW Year look for some NEW things being added to our menus and activities in and out of our centers. Some of these are:

A Pasta Bar Service as a meal choice, More Holiday Celebrations, More Locally sourced foods, More resources like bring The Secretary of State Mobile Unit to our sites for ease of use, More programs like American Rosie the Riveter Association - The Cheboygan/Emmet County Chapter of the American Rosie the Riveter Association, More fun and More positive vibes!

We want you to share with us the things you are interested in so that we can better meet your needs and wants to best way we can.

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
 Arlene Wilson, CNA
 OPEN, CNA/Homemaker
 Kim Crandell, Homemaker
 Rhonda Whiteford, Homemaker

COA Advisory Board
 Wanda Carr - Chair; Harry Wilson, 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!

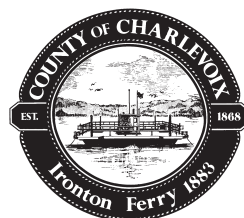
Beaver Island COA Office:
Open M-F 8a-4p
 Lonnie Allen, BI County Building & COA Site Coordinator
 26466 Donegal Bay Road
 Beaver Island, MI 49782
 231-448-2124

Boyne Area Senior Center:
Open M-F 9a-2p
 ?, 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 & Cathy 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, Dolores Food Service & HD Meals
 951 Mill Street, East Jordan, MI 49727
 231-536-7831

Visit our Website: www.charlevoixcounty.org/Commission_on_Aging or our Facebook page "Charlevoix County Commission on Aging"



Boyne Area Activity Calendar

Boyne Area Senior Center Location Activities for January 2022—IF the Center is OPEN.
The BASC Building Board Meeting will still be held. Boyne Area Senior Center: 582-6682

Monday	Tuesday	Wednesday	Thursday	Friday
1. All COA Offices & Senior Centers are Closed in Observance of New Years.	2. All COA Offices & Senior Centers are Closed in Observance of New Years.	3. 10a Corn Hole, 10a Wii Bowling, 12:30p Card/ Table Games	4. 10a Line Dancing, 12:30p Card BINGO, Afternoon Knit/ Crochet/Crafts, Card/Table Games, Foot Clinic	5. 10a Cardio Drumming, 11a Music
8. 10A Cardio Drumming, 12:30 BINGO, 1p Cards/ Table Games	9. 10:30a BASC Building Board Mtg	10. 10a Corn Hole, 10a Wii Bowling, 12:30p Card/ Table Games	11. 10a Line Dancing, 12:30p Card BINGO, Afternoon Knit/ Crochet/Crafts, Card/Table Games	12. 10a Cardio Drumming, 11a Music
15. All COA Offices & Senior Centers are Closed in Observance of MLK Day.	16. 10a Line Dancing, 12:30p BINGO, 1p Cards/ Table Games, Foot Clinic	17. 10a Wii Bowling, 10a Corn Hole, 12:30p Card BINGO	18. 10a Line Dancing, 12:30p Card BINGO, Afternoon Knit/ Crochet/Crafts, Card/Table Games	19. Celebration Day, 9:30a Cardio Drumming, 11:30a Music
22. 10A Cardio Drumming, 12:30 BINGO, 1p Cards/Table Games	23. 10a Line Dancing, 12:30p BINGO, 1p Cards/ Table Games	24. 10a Corn Hole, 10a Wii Bowling, 12:30p Knit/ Crochet Group	25. 10a Line Dancing, 12:30p Card BINGO, Afternoon Knit/ Crochet/Crafts, Card/Table Games, Foot Clinic	26. 10a Cardio Drumming, 11a Music
29. 10A Cardio Drumming, 12:30 BINGO, 1p Cards/Table Games	30. 9a Veteran's Social, 10a Line Dancing, 12:30p BINGO, 1p Cards/Table Games	31. 10a Corn Hole, 10a Wii Bowling, 12:30p Card/ Table Games	Boyne Area Center 411 East Division St, Boyne City Site Coordinator: TBD at this time	Activities are subject to Change. Exercise Room open all day everyday. Coffee everyday at 9:30a

East Jordan Activity Calendar

East Jordan Senior Center Location Activities for January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED IN OBSERVANCE OF NEW YEARS	2. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED IN OBSERVANCE OF NEW YEARS	3. 9:30a Coffee Hour, 12:30p Card Bingo	4. Hair Cuts \$\$, 9:30a Coffee Hour, 12:30p Texas Hold-em or Cards, 12:30p Bingocize	5. Celebration Day Ice Cream Social 11:30a Music Barry Loper, 12:30p Card BINGO, 50/50 Drawing
8. 9:30a Coffee Hour, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	9. 9:30a Coffee Hour, 10a Knit & Crochet, 11a Cardio Drumming, 12:30p Euchre	10. 9:30a Coffee Hour, 12:30p Card Bingo	11. 9:30a Coffee Hour, 12:30p Texas Hold-em or Cards, 12:30p Bingocize Foot Clinic	12. 11:30a Music OJ Adkins, 12:30p Card BINGO, 50/50 Drawing
15. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED IN OBSERVANCE OF MLK DAY	16. 9:30a Coffee Hour, 10a Knit & Crochet, 11a Cardio Drumming, 12:30p Euchre Foot Clinic	17. 9:30a Coffee Hour, 12:30p Card Bingo	18. 9:30a Coffee Hour, 10a EJSC Advisory Board, 12:30p Texas Hold-em or Cards, 12:30p Bingocize, Hand Massages	19. 11:30a Music \$ in a Juke Box, 12:30p Card BINGO, 50/50 Drawing
22. 9:30a Coffee Hour, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	23. 9:30a Coffee Hour, 9:30a Veterans Social, 10a Knit & Crochet, 11a Cardio Drumming, 12:30p Euchre Foot Clinic	24. 9:30a Coffee Hour, 12:30p Card Bingo	25. 9:30a Coffee Hour, 12:30p Texas Hold-em or Cards, 12:30p Bingocize	26. 11:30a Music 2 Beats, 12:30p Card BINGO, 50/50 Drawing
29. 9:30a Coffee Hour, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	30. 9:30a Coffee Hour, 10a Knit & Crochet, 11a Cardio Drumming, 12:30p Euchre	31. 9:30a Coffee Hour, 12:30p Card Bingo	East Jordan Center 951 Mill St., East Jordan 231-536-7831 Site Coordinator: Brenda	1st Friday Open Gym Walking 9a-1p. Exercise Room open all day everyday. ACTIVITIES ARE SUBJECT TO CHANGE

ALL Charlevoix County Senior Center Menus

All Senior Center Locations Menu January 2024 (Lunch 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
1. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED IN OBSERVANCE OF NEW YEARS Alternative Meal for Week: Corned Beef & Swiss on Rye	2. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED IN OBSERVANCE OF NEW YEARS	3. Cooks Choice, Potato, Fresh Vegetable, Fruit	4. Large Turkey Meatball with Onion Gravy, Mashed Potatoes, Fresh Vegetable, Fruit	5. National Bird Day Pepper Steak, Colored Peppers, Onions, Seasoned Rice, Fruit
8. Breaded Chicken Strips, Tater Tots, BBQ Sauce, Vegetable Medley, Fruit Alternative Meal for Week: Shrimp Pasta Salad	9. National Apricot Day Baked Ham Dinner, Sweet Potatoes with Marshmallows, Vegetable Medley, Fruit	10. Grilled Cheese, Tomato Soup, Hard Boiled Egg, String Cheese, Fruit	11. NEW Pasta Bar! 2 kinds of pasta, Alfredo Sauce, Marinara Sauce, Sliced Sausage, Diced Chicken, Diced Broccoli, Fruit	12. National Hot Tea Day Liver & Onions or Beef Fritter, Mashed Potatoes and Gravy, Garden Vegetables, Fruit
15. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR DAY Alternative Meal for Week: Roast Beef Wrap	16. National Nothing Day Cooks Choice, Potato, Fresh Vegetable, Fruit	17. Teriyaki Marinated Pork Chop with Pineapple, Scalloped Potatoes, Garden Vegetable, Fruit	18. Nacho Day! Taco Meat & Cheese, Roasted Corn & Rice, Tortilla Chips, Salsa, Sour Cream, Fruit	19. National Popcorn Day New England Clam Chowder, Grilled Chicken Caesar Salad Kit, Oyster Crackers, Fruit
22. Mushroom Swiss Hamburger, Bun, Wedge Fries, Fruit Alternative Meal for Week: Cottage Cheese, Fresh Vegetable, Fruit Tray	23. National Pie Day Chicken Pot Pie, Stew Vegetables, Biscuit Topping, Fruit	24. Open Faced Turkey Reuban (Rachel), Coleslaw, Tater Tots, Fruit	25. National Opposite Day Mom's Meatloaf, Mashed Potatoes & Gravy, Vegetable Medley, Fruit	26. National Fun at Work Day Chicken Lasagna, Garlic Bread Stick, Vegetables, Fruit
29. Ham & Cheese Stromboli, Side of Pasta Alfredo, Vegetable Medley, Fruit Alternative Meal for Week: Chicken Salad Croissant	30. Orange Ginger Chicken, Brown Rice, Steamed Broccoli, Fortune Cookie, Fruit	31. National Backwards Day BBQ Pulled Pork Plate, Baked Beans, Corn Bread, Fruit	Sandwich Wrap and Salad Bar Station available Tuesdays and Thursdays in East Jordan & Boyne as a Meal Alternative.	ALL MEALS INCLUDE MILK, BREAD & BUTTER, 2 VEGGIES & A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE Soups are served 3 days a week with your meal.

Charlevoix Activity Calendar

Charlevoix Senior Center Activities for January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED IN OBSERVANCE OF NEW YEARS	2. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED IN OBSERVANCE OF NEW YEARS	3. 9a Coffee Talk, Walkers, 9a Yoga, 10:15a Chair Yoga, 12:30p Veteran's Social & Free Lunch, 12:30p Bridge, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball	4. 9a Coffee Talk, Walkers, 1p Games/Puzzles, 1:30p Advanced Pickleball, 2p Movie Day @Charlevoix Cinema	5. 8-9a Safe Haven Free Breakfast Club , 9a Coffee Talk, Walkers, 10a Crafts, 1p Games/Puzzles, 12:30p Cardio Drumming, 1:30p Open Pickleball
8. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 11a Card Bingo, 12:30p Cardio Drumming, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball	9. 8-9a Safe Haven Free Breakfast Club , 9a Coffee Talk, Walkers, 1p Games/Puzzles, 1p Mahjong, 1p Movie/TV in COA Room, 1:30 Advanced Pickleball, 4p Yoga, Foot Clinic	10. 9a Coffee Talk, Walkers, 9a Yoga, 10:15a Chair Yoga, 12:30p Bridge, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball	11. 9a Coffee Talk, Walkers, 1p Games/Puzzles, 1:30p Advanced Pickleball, 2p Movie Day @Charlevoix Cinema	12. 8-9a Safe Haven Free Breakfast Club , 9a Coffee Talk, Walkers, 10a Crafts, 1p Games/Puzzles, 12:30p Cardio Drumming, 1:30p Open Pickleball
15. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 11a Card Bingo, 12:30p Cardio Drumming, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball	16. 8-9a Safe Haven Free Breakfast Club , 9a Coffee Talk, Walkers, 1p Games/Puzzles, 1p Mahjong, 1p Movie/TV in COA Room, 1:30 Advanced Pickleball, 4p Yoga	17. 9a Coffee Talk, Walkers, 9a Yoga, 10:15a Chair Yoga, 11a Hand Massages, 12:30p Bridge, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball	18. 9a Coffee Talk, Walkers, 1p Games/Puzzles, 1:30p Advanced Pickleball, 2p Movie Day @Charlevoix Cinema, Foot Clinic	19. Celebration Day Ice Cream Social 8-9a Safe Haven Free Breakfast Club , 9a Coffee Talk, Walkers, 10a Crafts, 1p Games/Puzzles, 12:30p Cardio Drumming, 1:30p Open Pickleball
22. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 11a Card Bingo, 12:30p Cardio Drumming, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball	23. 8-9a Safe Haven Free Breakfast Club , 9a Coffee Talk, Walkers, 1p Games/Puzzles, 1p Mahjong, 1p Movie/TV in COA Room, 1:30 Advanced Pickleball, 4p Yoga	24. 9a Coffee Talk, Walkers, 9a Yoga, 10:15a Chair Yoga, 12:30p Bridge, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball	25. 9a Coffee Talk, Walkers, 1p Games/Puzzles, 1:30p Advanced Pickleball, 2p Movie Day @Charlevoix Cinema Dress Like Your Favorite	26. 8-9a Safe Haven Free Breakfast Club , 9a Coffee Talk, Walkers, 10a Crafts, 1p Games/Puzzles, 12:30p Cardio Drumming, 1:30p Open Pickleball
29. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 11a Card Bingo, 12:30p Cardio Drumming, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball	30. 8-9a Safe Haven Free Breakfast Club , 9a Coffee Talk, Walkers, 1p Games/Puzzles, 1p Mahjong, 1p Movie/TV in COA Room, 1:30 Advanced Pickleball, 4p Yoga	31. 9a Coffee Talk, Walkers, 9a Yoga, 10:15a Chair Yoga, 12:30p Bridge, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball	Charlevoix Center 13513 Division Ave, Charlevoix Site Coordinator: Vikki 231-547-3844	Charlevoix Location Only: 11:30a-12:30p Sandwich and Salad Bar available for Lunch Monday—Friday Tech Tuesdays @ Charlevoix Library by appt. only

Part D Appeals: What to do when your medication isn't covered

Part D appeals at a glance:

- **If your plan won't cover your medication, you can appeal the decision.**
- **The process is the same whether you get your drug coverage through a stand-alone Part D plan or a Medicare Advantage Plan.**
- **Instructions for how to appeal will always be on your denial notice.**
- **Your doctor can appeal on your behalf or write a letter of support to help your appeal, but they aren't required to do so.**
- **There is more than one level of appeal, and you have the right to continue appealing if you aren't successful at the first level.**
- **Keep documentation throughout and pay attention to deadlines.**

Read your Medicare statements to find potential fraud, errors, or abuse.

An Explanation of Benefits (EOB) is the statement that your Medicare Advantage Plan or Part D prescription drug plan typically sends you after you receive medications, services, or items. An EOB is not a bill.

An EOB is also different from a Medicare Summary Notice (MSN), which you receive if you have Original Medicare. You may receive both statements if you have Original Medicare and a stand-alone Part D plan—an MSN for your Original Medicare and an EOB for your Part D plan.

Michigan Medicare/Medicaid Assistance Program (MMAP) can help with navigating this! Please contact them today for assistance! Call MMAP at 1-800-803-7174 or Kevin Clements at 231-237-0103 to make changes.

Safe Haven Sponsored Breakfast Club Menu January 2024 (8a—9a) Menu Subject to Change
TUESDAYS & FRIDAYS ONLY—IN CHARLEVOIX ONLY
(Available only when the Charlevoix Senior Center is OPEN)
Charlevoix Senior Center: 547-5361
FREE TO THE COMMUNITY FOR DINE IN & TAKE OUT

Safe Haven Breakfast Club Menu

<p>2. NO BREAKFAST: Charlevoix County Offices, COA Offices and Senior Centers are all CLOSED today in Observance of New Years</p>	<p>5. FRIDAY BIG Hot Breakfast: 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions</p> <p><i>All Breakfasts include Fresh Fruit, Maple Syrup, & Milk</i></p>
<p>9. Hot Breakfast: Breakfast Casserole: Eggs, Cheese, Sausage, Potatoes, Peppers & Onions</p> <p><i>All Breakfasts include Yogurt & Orange Juice</i></p>	<p>12. FRIDAY BIG Hot Breakfast: 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions</p> <p><i>All Breakfasts include Fresh Fruit, Maple Syrup, & Milk</i></p>
<p>16. Hot Breakfast: Breakfast Burrito: Eggs, Diced Bacon, Cheese, Pico De Gallo, served with Cheesy Tater Tots</p> <p><i>All Breakfasts include Yogurt & Orange Juice</i></p>	<p>19. FRIDAY BIG Hot Breakfast: 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions</p> <p><i>All Breakfasts include Fresh Fruit, Maple Syrup, & Milk</i></p>
<p>23. Hot Breakfast: French Toast, 2 Slices Bacon, Scrambled Eggs, served with Hashbrowns</p> <p><i>All Breakfasts include Yogurt & Orange Juice</i></p>	<p>26. FRIDAY BIG Hot Breakfast: 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions</p> <p><i>All Breakfasts include Fresh Fruit, Maple Syrup, & Milk</i></p>

Just for fun

January Word Search

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

- | | | | |
|-------------|---------------|-----------|---------|
| Boots | Scarf | Coat | Gloves |
| Hibernation | Ice | Icicle | Snowman |
| Arctic | Polar Bear | Snowflake | Frost |
| Penguin | Hot Chocolate | Cold | Snow |
| January | Mitten | | |

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.

Please call Lonnie or the COA Office on the Mainland for all the Other Beaver Island Fun Activities planned like the Tai-Chi, Cardio Drumming, 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.