

February 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

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

FEBRUARY 2024 NOTABLE DATES

- 1 Dark Chocolate Day
- 2 Groundhog Day
- 3 Ice Cream for Breakfast Day
- 4 Homemade Soup Day
- 5 Chocolate Fondue Day
- 6 Pay A Compliment Day
- 7 Rose Day
- 8 Laugh and Get Rich Day
- 9 Read in the Bathtub Day
- 10 Flannel Day
- 11 Super Bowl Sunday
- 12 Clean Out Your Computer Day
- 13 Fat Tuesday
- 14 Ash Wednesday / Valentine's Day
- 15 Gumdrop Day
- 16 Do a Grouch a Favor Day
- 17 Random Acts of Kindness Day
- 18 Drink Wine Day
- 19 Presidents' Day
- 20 Comfy Day
- 21 Sticky Bun Day
- 22 Margarita Day
- 23 Banana Bread Day
- 24 Tortilla Chips Day
- 25 Let's All Eat Right Day
- 26 Letter to an Elder Day
- 27 Strawberry Day
- 28 Snow Shoe Day
- 29 Leap 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.



WHEN WE HAVE EACH OTHER.... WE HAVE EVERYTHING.

Director's CORNER



Advance Directives: Durable Power of Attorney for Health Care

Advance Directives in the State of Michigan - University of Michigan Health

We all value the right to make decisions for ourselves. Whether we term this autonomy, liberty or independence, it is central to our concept of dignity.

One important area in which we exercise independence is in choosing the medical treatment we receive. Few would deny a competent adult has the right to consent to or refuse particular medical treatments or medically related services.

Unfortunately, due to illness or injury, we may not remain able to participate in treatment decisions. Such disability may be temporary or permanent.

No one likes to consider the possibility of becoming unable to make decisions. It is easy to put off thinking about that happening, and what treatment we would like in those circumstances.

As difficult as it is to confront these issues, by doing so we can help ensure our wishes are honored in the future.

Once you determine your wishes, the process of planning is relatively simple and inexpensive or free.

Michigan has two kinds of Advance Directives.

What is an advance directive?

An advance directive is a written document in which you specify what type of medical care you want in the future, or who you want to make decisions for you, should you lose the ability to make decisions for yourself.

Why is there a need for advance directives?

Years ago, most individuals died in their own homes. Today, there is greater chance of dying in a hospital or nursing home.

Expanding technology has increased the treatment choices we face, and improved public health has increased life expectancy. Decisions may have to be made concerning our care at a time we can no longer communicate our wishes.

What are the advantages of having an advance directive?

We each have our own values, wishes and goals. Having an advance directive provides you some assurance your personal wishes concerning medical and mental treatment will be honored at a time when you are not able to express them. Having an advance directive may also prevent the need for a guardianship imposed through the probate court.

One is the Durable Power of Attorney for Health Care (DPOA-HC), which can be used in both inpatient and ambulatory care settings.

The other is a Do-Not-Resuscitate (DNR) Declaration, which is for non-hospital settings. If either of these legal documents is missing certain elements, they may not be valid; however, the information in them could be used to show a patient's intent or wishes regarding treatment choices.

A "living will" is not recognized as a legally binding Advance Directive in Michigan.

However, a living will is sometimes combined with a valid Durable Power of Attorney for Health Care to help the Patient Advocate named in the DPOA-HC to understand the patient's treatment choices.

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

COA Advisory Committee
 Wanda Carr - Chair; Harry Wilson, Cathy Kessler, Vice Chair, Sharon Misiak, Janet Kalbfell; Board Liaison Josh Chamberlain

June - August Senior Center Wednesday Night Hours are 2p-7p

Many wonderful Volunteers in all aspects of our services!

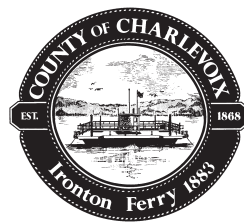
Beaver Island COA Office:
Open M-F 8a-4p
 Lonnie Allen, BI County Building & COA Site Coordinator
 26466 Donegal Bay Road
 Beaver Island, MI 49782
 231-448-2124

Boyer Area Senior Center:
Open M-F 9a-2p
 Krista Goldsmith, 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, Amy 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 February 2024—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
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 M-F. Coffee everyday at 8:00am		1. CLOSE TO INSIDE DINING & ACTIVITIES. Curbside Meal Pick up 11:30a -12:30p.	2. CLOSE TO INSIDE DINING & ACTIVITIES. Curbside Meal Pick up 11:30a-12:30p.
5. 10A Cardio Drumming, 12:30 BINGO, 1p Cards/ Table Games	6. 10:30a BASC Building Board Mtg	17. 10a Corn Hole, 10a Wii Bowling, 12:30p Card/ Table Games	8. 10a Line Dancing, 12:30p Card BINGO, Afternoon Knit/ Crochet/Crafts, Card/Table Games	9. 10a Cardio Drumming, 11a Music by Vintage, 12:30A BAC Valentine Craft
12. 10A Cardio Drumming, 11a Hand Massages w/Shana, 12:30 BINGO, 1p Cards/Table Games	13. 10a Line Dancing, 12:30p BINGO, 1p Cards/ Table Games, Foot Clinic	14. 10a Wii Bowling, 10a Corn Hole, 11:30a Music by \$1 in a Juke Box, 12:30p Card BINGO	15. 10a Line Dancing, 12:30p Card BINGO, Afternoon Knit/ Crochet/Crafts, Card/Table Games	16. Celebration Day, 9:30a Cardio Drumming, 11:30a Music by OJ
19. 10A Cardio Drumming, 12:30 BINGO, 1p Cards/Table Games	20. 10a Line Dancing, 12:30p BINGO, 1p Cards/ Table Games	21. 10a Corn Hole, 10a Wii Bowling, 12:30p Knit/ Crochet Group	22. 10a Line Dancing, 12:30p Card BINGO, Afternoon Knit/ Crochet/Crafts, Card/Table Games, Foot Clinic	23. 10a Cardio Drumming, 11a Music by Vintage
26. 10A Cardio Drumming, 12:30 BINGO, 1p Cards/Table Games	27. 9a Veteran's Social, 10a Line Dancing, 12:30p BINGO, 1p Cards/Table Games	28. 10a Corn Hole, 10a Wii Bowling, 12:30p Card/ Table Games	29. 10a Line Dancing, 12:30p Card BINGO, Afternoon Knit/ Crochet/Crafts, Card/Table Games	

East Jordan Activity Calendar

East Jordan Senior Center Location Activities for February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
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		1. Hair Cuts \$\$, 9:30a Coffee Hour, 12:30p Texas Hold-em or Cards, 12:30p Bingocize	2. Celebration Day Ice Cream Social 11:30a Music Barry Loper, 12:30p Card BINGO, 50/50 Drawing
5. 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/ Lisa, Sewing 12p Mexican Poker, 12:30p Pool Table	6. 9:30a Coffee Hour, 10a Knit & Crochet, 11a Cardio Drumming, 12:30p Euchre	7. 9:30a Coffee Hour, 12:30p Card Bingo	8. 9:30a Coffee Hour, 10a EJSC Advisory Board, 12:30p Texas Hold-em or Cards, 12:30p Bingocize Foot Clinic	9. 11:30a Music OJ Adkins, 12:30p Card BINGO, 50/50 Drawing
12. 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/Lisa, Sewing 12p Mexican Poker, 12:30p Pool Table	13. 9:30a Coffee Hour, 10a Knit & Crochet, 11a Cardio Drumming, 12:30p Euchre	14. 9:30a Coffee Hour, 12:30p Card Bingo	15. 9:30a Coffee Hour, 12:30p Texas Hold-em or Cards, 12:30p Bingocize	16. 11:30a Music \$ in a Juke Box, 12:30p Card BINGO, 50/50 Drawing
19. 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	20. 9:30a Coffee Hour, 9:30a Veterans Social, 10a Knit & Crochet, 11a Cardio Drumming, 12:30p Euchre Foot Clinic	21. 9:30a Coffee Hour, 12:30p Card Bingo	22. 9:30a Coffee Hour, 12:30p Texas Hold-em or Cards, 12:30p Bingocize, Hand Massages	23. 11:30a Music 2 Beats, 12:30p Card BINGO, 50/50 Drawing
26. 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	27. 9:30a Coffee Hour, 10a Knit & Crochet, 11a Cardio Drumming, 12:30p Euchre	28. 9:30a Coffee Hour, 12:30p Card Bingo	29. 9:30a Coffee Hour, 12:30p Texas Hold-em or Cards, 12:30p Bingocize	

ALL Charlevoix County Senior Center Menus

All Senior Center Locations Menu February 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
<p>Soups are served M, W, F with your meal. Side Salads are served T, Th with your meal. Alternative Meal for Week: Chicken Salad Croissant</p>	<p>Sandwich Wrap and Salad Bar Station available Tuesdays and Thursdays in East Jordan & Boyne as a Meal Alternative.</p>	<p>We added some fun new meals to try as well as some of our most popular meals.</p>	<p>1. Hamburger & Onion Stroganoff, Buttered Noodles, Mixed Vegetables, Side Salad, Fruit</p>	<p>2. GROUNDHOG DAY—THINK SPRING Chicken Cobb Salad, Diced Eggs, Diced Bacon, Diced Tomatoes, Slice of Avocado, Homemade Ranch, Fruit</p>
<p>5. Sloppy Joes w/cheese, Pretzel Bun, Ranch Wedge Potatoes, Vegetable, Fruit Alternative Meal for Week: Chicken BLT Wrap</p>	<p>6. Pay A Compliment Day Sweet & Sour Pork Nuggets over Rice, Oriental Vegetables, Egg Roll, Fruit</p>	<p>7. Rose Day Frankenmuth Style Fried Chicken, Mashed Potatoes & Gravy, Green Beans, Fruit</p>	<p>8. Beef Lasagna, Garlic Bread, Tossed Salad, Fruit</p>	<p>9. SOUPER BOWL DAY Kelly's Onion & Swiss Soup (for the AFC) &/or Zach's Rubeen Soup (for the NFC), Cheese & Bacon Potato Skins, Baby Carrots & Ranch Dip, Fruit</p>
<p>12. Breaded Chicken Cordon Blue Sandwich, Ham, Swiss Cheese, Sweet Potato Fries, Garden Vegetable, Fruit Alternative Meal for Week: Tuna Pasta Salad</p>	<p>13. MARDIS GRAS Celebration Chicken & Sausage Mild Jambalaya, Rice, Diced Tomatoes, Fruit, PACZKIS!</p>	<p>14. VALENTINE'S DAY Celebration Roast Turkey, Mashed Potatoes & Gravy, Fresh Vegetables, Fruit, Special Dessert</p>	<p>15. Ham, Spinach & Swiss Quiche, Rosemary Potatoes, Blueberry Muffin, Side Salad, Fruit</p>	<p>16. Do A Grouch A Favor Day Four Cheese Macaroni & Cheese, Stewed Tomatoes, Green Beans, Fruit</p>
<p>19. ALL COA OFFICES AND SENIOR ENTERS ARE CLOSED IN OBSERVANCE OF PRESIDENTS DAY Alternative Meal for Week: Roast Beef & Cheddar Wrap</p>	<p>20. Comfy Day Chicken or Veal Parmesan, Pasta Marinara, Garden Vegetables, Fruit</p>	<p>21. Pork Loin with Gravy, Scalloped Potatoes, Garden Vegetable, Fruit</p>	<p>22. Ground Sirloin Patty, Mushroom Gravy, Mashed Potatoes, Fresh Vegetables, Tossed Salad, Fruit</p>	<p>23. Banana Bread Day Cooks Choice or Pollock Almondine, Potato, Fresh Vegetable, Fruit</p>
<p>26. Polish Sausage & Sauerkraut, Soft Bun, Tater Tots, Vegetable Medley, Fruit Alternative Meal for Week: Veggie Pizza Wrap</p>	<p>27. UP Beef Poutine, Shredded Beef, Cheese Curds, Red Skin Potato Wedges, Small Spinach Salad with Raspberry Vinaigrette, Fruit</p>	<p>28. Snow Shoe Day Cheesy Chicken & Broccoli Rice Casserole, Breadstick, Side Salad, Fruit</p>	<p>29. LEAP YEAR DAY Mom's Meatloaf, Mashed Potatoes & Gravy, Garden Vegetable, Tossed Salad, Fruit</p>	<p>ALL MEALS INCLUDE MILK, BREAD & BUTTER, 2 VEGGIES & A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>

Charlevoix Activity Calendar

Charlevoix Senior Center Activities for February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Charlevoix Center 13513 Division Ave, Charlevoix Site Coordinator: Vikki 231-547-3844</p>	<p>Charlevoix Location Only: 11:30a-12:30p Sandwich and Salad Bar available for Lunch Monday—Friday Tech Tuesdays @ Charlevoix Library by appt. Only</p>		<p>1. 9a Coffee Talk, Walkers, 1p Games/Puzzles, 1:30p Advanced Pickleball, 2p Charlevoix Cinema Matinee</p>	<p>2. 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 10a Crafts, 11:45a Ground Hog Day Winner Announced, 1p Games/Puzzles, 12:30p Cardio Drumming, 1:30p Open Pickleball</p>
<p>8. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 11a Card Bingo, 12:30p Cardio Drumming, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball</p>	<p>9. 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 12:30p Veteran's Social & Free Lunch, 12:30p COA Movie Day, 1p Games/Puzzles, 1p Mahjong, 1:30 Advanced Pickleball, 4p Yoga</p>	<p>7. 9a Coffee Talk, Walkers, 10:30a Advanced Care Planning Series, 12:30p Bridge, 12:30a Advanced Care Planning Series, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball</p>	<p>8. 9a Coffee Talk, Walkers, 9a Yoga, 9:30a Tai Chi/Matter of Balance, 10:15a Chair Yoga, 1p Games/Puzzles, 1:30p Advanced Pickleball, 2p Charlevoix Cinema Matinee</p>	<p>9. 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 10a Crafts, 1p Games/Puzzles, 12:30p Cardio Drumming, 1:30p Open Pickleball</p>
<p>15. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 11a Card Bingo, 12:30p Cardio Drumming, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball</p>	<p>16. 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 12:30p COA Movie Day, 1p Games/Puzzles, 1p Mahjong, 1:30 Advanced Pickleball, 4p Yoga</p>	<p>14. 9a Coffee Talk, Walkers, 11:30a Music by Dolph, 12:30p Bridge, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball</p>	<p>15. 9a Coffee Talk, Walkers, 9a Yoga, 9:30a Tai Chi/Matter of Balance, 10:15a Chair Yoga, 1p Games/Puzzles, 1:30p Advanced Pickleball, 2p Charlevoix Cinema Matinee</p>	<p>16. Celebration Day Ice Cream Social 11:45a 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 10a Crafts, 1p Games/Puzzles, 12:30p Cardio Drumming, 1:30p Open Pickleball</p>
<p>22. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 11a Card Bingo, 12:30p Cardio Drumming, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball</p>	<p>23. 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 12:30p COA Movie Day, 1p Games/Puzzles, 1p Mahjong, 1:30 Advanced Pickleball, 4p Yoga</p>	<p>22. 9a Coffee Talk, Walkers, 11a Hand Massages, 12:30p Bridge, 1p Cooking for One (Two), 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball</p>	<p>22. 9a Coffee Talk, Walkers, 9a Yoga, 9:30a Tai Chi/Matter of Balance, 10:15a Chair Yoga, 1p Games/Puzzles, 1:30p Advanced Pickleball, 2p Charlevoix Cinema Matinee</p>	<p>23. 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 10a Crafts, 1p Games/Puzzles, 12:30p Cardio Drumming, 1:30p Open Pickleball</p>
<p>29. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 11a Card Bingo, 12:30p Cardio Drumming, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball</p>	<p>30. 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 12:30p COA Movie Day, 1p Games/Puzzles, 1p Mahjong, 1:30 Advanced Pickleball, 4p Yoga</p>	<p>28. 9a Coffee Talk, Walkers, 12:30p Bridge, 1p Cooking for One (Two), 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball</p>	<p>29. 9a Coffee Talk, Walkers, 9a Yoga, 9:30a Tai Chi/Matter of Balance, 10:15a Chair Yoga, 1p Games/Puzzles, 1:30p Advanced Pickleball, 2p Charlevoix Cinema Matinee</p>	

Medicare Advantage Open Enrollment Period (Jan 1st – Mar 31st)

Beneficiaries who began 2024 enrolled in a Medicare Advantage (MA) plan have an additional opportunity to switch MA plans or disenroll from an MA plan and enroll in traditional Medicare with a Part D prescription drug plan during the first 3 months of the calendar year, ending on March 31st. This enrollment opportunity is called the Medicare Advantage Open Enrollment Period. This enrollment period is only available to people enrolled in an MA plan – not to individuals who are in traditional Medicare and a stand-alone Part D plan. Please note that you can only make one change during this period. Changes will take effect on the first of the month after the plan gets your request.

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.

Nutrition Tips for Ages 60+

Eating habits change throughout the life span. Learn how the foods and drinks choose each day help you meet daily nutrient needs, maintain a healthy body weight, manage and reduce the risk of chronic disease.

Eat seafood, dairy or fortified soy alternatives, beans, peas, and lentils to help maintain muscle mass. Add fruits and vegetables to your meals and snacks. If slicing and chopping is a challenge, choose frozen, canned, or ready-to-eat options.

Turn eating into a social event. Meals are more enjoyable when you eat with others. Invite friends to join you or take part in a potluck at least twice a week. Some community centers and places of worship offer meals that are shared with others. There are many ways to make mealtimes pleasing.

The body's ability to absorb vitamin B12 can decrease with age. Taking certain medicines can also lower absorption. Eating enough protein and fortified foods can help the body get the vitamin B12 it needs. Speak with your healthcare provider to learn if you should take supplements and what is right for you.

If you use or are thinking about taking dietary supplements, talk about this with your healthcare provider to learn what is right for you. This includes nutrition supplement drinks, which can have added sugars.

Source: <https://www.myplate.gov/life-stages/older-adults>

Safe Haven Sponsored Breakfast Club Menu February 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>6. Hot Breakfast: Breakfast Casserole: Eggs, Cheese, Sausage, Potatoes, Peppers & Onions</p> <p><i>All Breakfasts include Yogurt & Orange Juice</i></p> <p>13. 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>20. Hot Breakfast: French Toast, 2 Slices Bacon, Scrambled Eggs, served with Hashbrowns</p> <p><i>All Breakfasts include Yogurt & Orange Juice</i></p> <p>27. Hot Breakfast: Biscuits with Sausage & Gravy, 1 Oven Baked Egg, Warm Applesauce</p> <p><i>All Breakfasts include Yogurt & Orange Juice</i></p>	<p>2. 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. 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. 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. 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>
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Just for fun VALENTINE WORD SEARCH



- | | | |
|----------------|-----------|-------------|
| LOVE | CHOCOLATE | CANDY |
| POETRY | FLOWERS | RED |
| SECRET ADMIRER | BE MINE | LETTERS |
| ROMANCE | HOLIDAY | SWEETHEARTS |
| VALENTINE CARD | COURTSHIP | FEBRUARY 14 |
| KISSES | ROSES | RIBBON |

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.