

March 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



**YOUR FEET WILL BRING YOU WHERE YOUR
HEART IS. IRISH PROVERB**

MARCH 2024 NOTABLE DATES

- 1 *Plan a Solo Vacation Day*
- 2 *Old Stuff Day*
- 3 *I Want You to be Happy Day*
- 4 *Snack Day*
- 5 *Unique Names Day*
- 6 *Oreo Cookie Day*
- 7 *Flapjacks Day*
- 8 *No Socks Day*
- 9 *Get Over It Day*
- 10 *Daylight Saving Time Begins*
- 11 *Dream Day*
- 12 *Plant A Flower Day*
- 13 *Earmuffs Day*
- 14 *Potato Chip Day*
- 15 *Sleep Day*
- 16 *Quilting Day*
- 17 *St. Patrick's Day*
- 18 *Act Happy Day*
- 19 *Spring Begins!*
- 20 *Day of Happiness*
- 21 *Poetry Day*
- 22 *Goof Off Day*
- 23 *OK Day*
- 24 *Cocktail Day*
- 25 *Waffle Day*
- 26 *Make Up Your Own Holiday Day*
- 27 *"Joe" Day*
- 28 *Hot Tub Day*
- 29 *Hot Cross Buns Day*
- 30 *Take a Walk in the Park*
- 31 *Easter Sunday*

**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

Change is constant and change afford us the opportunity to enhance and create the existing. Change can be good as long you choose to see it for all of the positive potential it has versus turning into the fear of the unknown.

I want to share some of the new and excited things going on at the Charlevoix Commission on Aging and in our county senior centers.

We heard you when you said during the off season you needed more exercise and needed more things to do.

Exercise: The Charlevoix Senior Center has Pickleball, Tai Chi, Cardio Drumming, Chair Yoga, Yoga, indoor and outdoor walking and exercise programs lead through the internet. We have also had opportunities for Bingocize, Line Dancing & Matter of Balance. The East Jordan Senior Center has Cardio Drumming, Chari Yoga, Indoor and outdoor walking, Exercise with Lisa and exercise programs lead through the internet.

We have opened up our Boyne Area Senior Center and it is now open full time from 8a-4p Monday through Friday. This will allow us to add more exercised and activities here going forward!

Even our Beaver Island seniors have access to Cardio Drumming, exercise classes lead through the internet, Bingocize, Chair Yoga, outdoor Pickleball in the warmer months and use of the Schools BIFIT Program through the COA.

What new activities and events have we added into an already robust evolving calendar do we offer?

We have Advanced Care Planning Sessions, Silent Book Club, Sewing & Mending groups, BI Satisfaction &



Input Survey, 2 Ipads for Seniors Use at our centers as well as 2 stationary Computer labs, the MI Secretary of State Mobile unit is coming to meet our senior where they are (our senior centers), Art activity collaborations with many different Art organizations around the county, Hand Massages, Live Music from a variety of volunteer musicians and groups, Card Bingo, and some other fun competitions like guessing when the first snow fall was or if the ground hog would see his shadow.

We have enhanced our Nutritional Program too! We have additional Nutritional Program Food Theme/Celebration Days & menus, New Wednesday Night Dinner Theme nights; Home Delivered 1x a week meals get 1 hot, 2 cold and 4 frozen as a new option, Soup &/or a salad will be served with every meal - Soups are Monday, Wednesday & Friday and salads are Tuesday and Thursday, we sell extra Frozen Meals and we try to meet the wants with some vegetarian options and Lent options when we can.

We have collaborated with Safe Haven to help them serve Breakfast for Free on Tuesdays and Fridays to anyone who comes to the Charlevoix Senior Center between 8a-9a. These breakfasts can be dine in or take out curbside.

We will keep you posted on upcoming meet the author events, Travel Club opportunities to get out with friends and when the adult 3 wheeled bikes will be available again.

We have something for everyone!

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 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

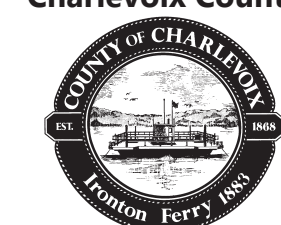
**Many wonderful
Volunteers in all
aspects of our services!**

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

Boyne 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



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

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

Boyerne Area Activity Calendar

Boyerne Area Senior Center Location Activities for March 2024. Boyerne Area Senior Center: 582-6682

Monday	Tuesday	Wednesday	Thursday	Friday
Boyerne Area Center 411 East Division St, Boyerne City Site Coordinator: Krista	Activities are subject to Change. Exercise Room open all day everyday M-F.	The BASC is now OPEN FULL TIME 8a-4p Mon—Fri with activities all day long!		1. 9a Sunshine Club Coffee Hour, 9a Cardio Drumming, 11:30a Music by \$1 & a Jukebox, 12:30p Peanut Butter Pong, 2:30p Movie & Popcorn
4. 9a Sunshine Club Coffee Hour, 9a Cardio Drumming, 12:30 BINGO, 1:30P Tai Chi, 1p Cards/Table Games, 2:30p Garden Club	5. 9a Line Dancing, 12:30p BINGO, 1p Scrabble Club, 1p Cards/Table Games Foot Clinic	6. 9a Sunshine Club Coffee Hour, 10a Mobile Secretary of State, 10a Wii Bowling, 12:30p Special Treat for National Oreo Cookie Day, 1pm Knit/Crochet/Sewing, Crafts, Card/Table Games	7. 8a Come have a bowl of Cereal for National Cereal Day!, 9a Line Dancing, 12:30p Advanced Care Planning Session with Dr. Anna Young, 1p Scrabble Club	8. 9a Sunshine Club Coffee Hour, 9a Cardio Drumming, 11a Music by Vintage, 12:30p Card Bingo, 1p Corn Hole
11. 9a Sunshine Club Coffee Hour, 9a Cardio Drumming, 12:30 BINGO, 1:30P Tai Chi, 1p Cards/Table Games	12. 9a Line Dancing, 11a Hand Massages by Shawna, 12:30p BINGO, 1p National Plant a Flower Day Craft Activity, 1p Cards/Table Games	13. 9a Sunshine Club Coffee Hour, 10a Wii Bowling, 11:30a Guest Speaker Tyler Midyett & Divot from Emmet County K9 Unit, 1pm Knit/Crochet/Sewing, Crafts, Card/Table Games Foot Clinic	14. 9a Line Dancing, 12:30p Card BINGO, 1p Movie & Popcorn Bar—to celebrate National Popcorn Lovers Day!	15. St Patrick's Day Celebration, Celebration Day, 9a Sunshine Club Coffee Hour, 9a Cardio Drumming, 11a Music by OJ, Best Dressed Leprechaun Contest, Rainbow Coin Toss with Prizes, 12:30p Card Bingo, 1p Corn Hole
18. 9a Sunshine Club Coffee Hour, 9a Cardio Drumming, 12:30 BINGO, 1:30P Tai Chi, 1p Cards/Table Games, 2:30p Garden Club	19. 9a Line Dancing, 12:30p BINGO, 1p Scrabble Club, 1p Cards/Table Games	20. 9a Sunshine Club Coffee Hour, 10a Wii Bowling, 11:30a Guest Speaker Bill Mansfield Lavender Hill Farms, 1pm Knit/Crochet/Sewing, Crafts, Card/Table Games	21. 9a Line Dancing, 12:30p Card BINGO, 1p Scrabble Club	22. 9a Sunshine Club Coffee Hour, 9a Cardio Drumming, 11a Music by Vintage, 12:30p Card Bingo, 1p Corn Hole
25. 9a Sunshine Club Coffee Hour, 9a Cardio Drumming, 11a Scott Mckenzie from Chx Human Society, 12:30 BINGO, 1:30P Tai Chi, 1p Cards/Table Games	26. Wear Purple Day!, 9a Line Dancing, 9:30a Veteran's Social, 12:30p BINGO, 1p National Spinach Day Presentation, 1p Cards/Table Games	27. 9a Sunshine Club Coffee Hour, 10a Wii Bowling, 1pm Knit/Crochet/Sewing, Crafts, Card/Table Games	28. 9a Line Dancing, 12:30p Card BINGO, 1p Popcorn, Crackerjacks & a Movie for Opening Day of Baseball!	29. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED IN OBSERVANCE OF GOOD FRIDAY.

East Jordan Activity Calendar

East Jordan Senior Center Location Activities for March 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. Celebration Day Ice Cream Social 11:30a Music Barry Loper, 12:30p Card BINGO, 50/50 Drawing
4. 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/Lisa, Sewing 12p Mexican Poker, 12:30p Pool Table	5. 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre	6. 9:30a Coffee Hour, 12:30p Card Bingo	7. 9a Hair Cuts \$\$, 9:30a Coffee Hour, 10a-3p AARP Safe Driving Class \$\$, 10:30a Cardio Drumming, 12:30p Texas Hold-em or Cards	8. 11:30a Music OJ Adkins, 12:30p Card BINGO, 50/50 Drawing
11. 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/Lisa, Sewing 12p Mexican Poker, 12:30p Pool Table Foot Clinic	12. 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre	13. 9:30a Coffee Hour, 10a Mobile Secretary of State Unit, 12:30p Card Bingo	14. 9:30a Coffee Hour, 10a EJSC Advisory Board, 10:30a Cardio Drumming, 12:30p Texas Hold-em or Cards	15. St. Patrick's Day Celebration 11:30a Music \$ in a Juke Box, 12:30p Card BINGO, 50/50 Drawing
18. 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	19. 9:30a Coffee Hour, 9:30a Veterans Social, 10a Knit & Crochet, 12:30p Euchre	20. 9:30a Coffee Hour, 12:30p Card Bingo	21. 9:30a Coffee Hour, 10:30a Cardio Drumming, 12:30p Texas Hold-em or Cards, Hand Massages	22. 11:30a Music 2 Beats, 10a Avon with Mary, 12:30p Card BINGO, 50/50 Drawing
25. 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	26. 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre	27. 9:30a Coffee Hour, 12:30p Card Bingo	28. Easter Celebration 9:30a Coffee Hour, 10:30a Cardio Drumming, 12:30p Texas Hold-em or Cards Foot Clinic	29. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED IN OBSERVANCE OF GOOD FRIDAY.

ALL Charlevoix County Senior Center Menus

All Senior Center Locations Menu March 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
Soups are served M, W, F with your meal. Side Salads are served T, Th with your meal.	Sandwich Wrap and Salad Bar Station available Tuesdays and Thursdays in East Jordan & Boyne as a Meal Alternative.	We added some fun new meals to try as well as some of our most popular meals.	ALL MEALS INCLUDE MILK, BREAD & BUTTER, 2 VEGGIES & A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE	1. Salmon Patty w/ Alfredo Sauce, Seasoned Rice, Mixed Vegetable, Fruit Alternative Meal for Week: Veggie Pizza Wrap
4. National Snack Day Bacon Cheeseburger, Wedge Fries, Garden Vegetable, Fruit Alternative Meal for Week: Chicken Salad Croissant	5. Unique Names Day BBQ Boneless Pork Chop, 1/2 Baked Potato, Sour Cream Cup, Green Beans, Fruit	6. Maurice Salad, Sliced Ham, Turkey, Swiss Cheese, gherkin pickles, green olives, Homemade Maurice Salad Dressing, Soup Du Jour, Fruit	7. Chicken Supreme, Chicken Breast with Mashed Potatoes & Gravy, Garden Vegetable, Fruit	8. National No Socks Day Cooks Choice or Seafood Selection, Potato, Fresh Vegetable, Fruit
11. National Dream Day Breaded Chicken & Cheddar Cheese Sandwich, Tater Tots, Vegetable, Fruit Alternative Meal for Week: Shrimp Pasta Salad	12. Ham & Pepperoni Stromboli, Side of Pasta Marinara, Vegetable Medley, Fruit,	13. Asian Beef & Vegetables, Oriental Vegetable, Seasoned Rice, Mini Spring Rolls, Fruit	14. National Potato Chip Day Garlic Parmesan Chicken Wings, Ranch Wedge Fries, Mixed Vegetables, Cole Slaw, Fruit	15. ST PADDY'S DAY Celebration Corned Beef & Cabbage, Boiled Potatoes & Carrots, Fruit, Special Green Dessert
18. Baked Potato w/Cheese, Beef Chili, Sour Cream Cup, Diced Tomatoes, Fruit Alternative Meal for Week: Ham & Green Onion Cream Cheese Pinwheel	19. Spring Begins! Popcorn Chicken Bowl, Popcorn Chicken, Mashed Potatoes & Gravy, Corn, Fruit	20. National Day of Happiness Vegetable Lasagna, Carrots & Spinach, Garlic Bread, Seamed Broccoli, Fruit	21. Gretchen's Porcupine Meatball , One Large Beef Meatball served over white rice, Tomato Sauce, Fruit	22. National Goof Off Day Cooks Choice or Seafood Selection, Potato, Fresh Vegetable, Fruit
25. Open Faced Turkey Rueben with Sauerkraut, Waffle Fries, Garden Vegetable, Fruit Alternative Meal for Week: Roast Beef & Cheddar Wrap	26. Make up your own Holiday Day Spaghetti & Meat Sauce, Garlic Bread, Garden Vegetable, Fruit	27. Chicken Stew, Mixed Vegetable, Diced Potatoes, Buttermilk Biscuit, Fruit	28. EASTER Celebration Ham & Pineapple, Scalloped Potatoes, Vegetable Medley, Strawberry Shortcake	29. ALL COA OFFICES AND SENIOR ENTERS ARE CLOSED IN OBSERVANCE OF GOOD FRIDAY

Charlevoix Activity Calendar

Charlevoix Senior Center Activities for March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
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			1. 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 10a Crafts, 1p Games/Puzzles, 12:30p Cardio Drumming, 1:30p Open Pickleball
4. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 11a Card Bingo, 12:30p Cardio Drumming, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball	5. 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	6. 9a Coffee Talk, Walkers, 12:30p Bridge, 1p Games/Puzzles, 1p Cooking for one (or 2), 2p Beginners/Intermediate Pickleball	7. 9a Coffee Talk, Walkers, 9a Yoga, 9:30a Matter of Balance, 10:15a Chair Yoga, 1p Games/Puzzles, 1:30p Advanced Pickleball, 2p Charlevoix Cinema Matinee Foot Clinic	8. 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 10a Crafts, 1p Games/Puzzles, 12:30p Cardio Drumming, 1:30p Open Pickleball
11. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 11a Card Bingo, 12:30p Cardio Drumming, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball	12. 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	13. 9a Coffee Talk, Walkers, 12:30p Bridge, 12:30p Cardio Drumming, 1p Cooking for one (or 2), 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball	14. 9a Coffee Talk, Walkers, 9a Yoga, 9:30a Matter of Balance, 10:15a Chair Yoga, 1p Games/Puzzles, 1:30p Advanced Pickleball, 2p Charlevoix Cinema Matinee	15. 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
18. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 11a Card Bingo, 12:30p Cardio Drumming, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball	19. 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	20. 9a Coffee Talk, Walkers, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball	21. 9a Coffee Talk, Walkers, 9a Yoga, 9:30a Matter of Balance, 10:15a Chair Yoga, 1p Games/Puzzles, 1:30p Advanced Pickleball, 2p Charlevoix Cinema Matinee	22. 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 10a Crafts, 11:30a Music by Dan Gillespie & Dudley Stevens, 12:30p Cardio Drumming, 1p Games/Puzzles, 1:30p Open Pickleball
25. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 11a Card Bingo, 12:30p Cardio Drumming, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball	26. 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 Foot Clinic	27. 9a Coffee Talk, Walkers, 11a Hand Massages, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball	28. 9a Coffee Talk, Walkers, 9a Yoga, 9:30a Matter of Balance, 10:15a Chair Yoga, 1p Games/Puzzles, 1:30p Advanced Pickleball, 2p Charlevoix Cinema Matinee	29. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED IN OBSERVANCE OF GOOD FRIDAY.

The Boyne Area Senior Center is now OPEN FULL TIME!

Our hours are now 8a - 4p Monday through Friday and we are actively adding new exercise opportunities, activities, fun events and learning series!

We have already added Movies in the afternoon and we have groups coming in for Coffee in the mornings and playing favorite card games in the afternoons too.

Why stay home alone when you can come and hang out with us in your very own space specifically cultivated for our aging adults? Share your knowledge and passions with us!

IDENTITY THEFT AWARENESS

“Consumer scams are so prevalent and sophisticated that it’s really a matter of when you become a target, not if you become one,” said Nessel. “We need to shift our thinking from identity theft recovery to identity theft prevention to minimize our risk.”

WATCH OUT FOR THESE RED FLAGS!!!

- Unfamiliar provider names and charges on your Medicare statement.
- Notices of Medicare number compromise due to a data breach.
- Bills from medical providers for services you did not receive.
- Rejection of legitimate medical claims due to benefits limit reached.
- Health plan denial due to false conditions in your medical records.

GUARD YOUR MAIL AND PACKAGES FROM PORCH PIRATES!

- Mail should not sit in your mailbox for an extended period.
- If away from home, suspend your mail delivery.
- Opt-out of credit offers arriving in your USPS mailbox.
- Don't leave mail for the carrier; use USPS boxes instead.
- Use informed delivery: Digital Preview Mail.
- Shred mail into micro pieces.

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

Safe Haven Sponsored Breakfast Club Menu March 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>5. Hot Breakfast: Breakfast Casserole: Eggs, Cheese, Sausage, Potatoes, Peppers & Onions</p> <p><i>All Breakfasts include Yogurt & Orange Juice</i></p>
<p>12. Hot Breakfast: Breakfast Burrito: Eggs, Diced Bacon, Cheese, Pico De Gallo & Cheesy Tater Tots</p> <p><i>All Breakfasts include Yogurt & Orange Juice</i></p>
<p>19. 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. Hot Breakfast: Biscuits with Sausage & Gravy, 1 Oven Baked Egg, Warm Applesauce</p> <p><i>All Breakfasts include Yogurt & Orange Juice</i></p>

<p>1. 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>8. 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>15. 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>22. 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>29. 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

ST. PATRICK'S DAY WORD SEARCH

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

Clover	Leprechaun	Celtic	Irish	Pinch
Gold	Rainbow	Green	Magic	Blessing
Coins	Shamrock	Lucky	March	Kiss
Blarney	Ireland	Mischief	Bog	Dance

Beaver Island Activities and Update
Contact Lonnie at the BI COA for
more information at (231) 448-2124
or Email to
allen@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.