

July 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

**WE ARE SENIORS, WE ARE 2 MILLION STRONG & OUR NUMBERS ARE GROWING, WE ADVOCATE AND WE VOTE!**



**“MAY WE THINK OF FREEDOM, NOT AS THE RIGHT TO DO AS WE PLEASE, BUT AS THE OPPORTUNITY TO DO WHAT IS RIGHT.”**  
 ~ PETER MARSHALL

## Director's CORNER

### Text Message Scams: How to Identify, Report, and Help Protect Yourself

Many of us rely on text messaging for updates from our financial institution, pharmacy, and other trusted sources. But amidst all the familiar exchanges, you may see texts from unknown senders. Unfortunately, these mystery messages could be from scammers who are out to solicit payments, steal your personal information, or gain access to your bank account.

Learning how to identify text message scams can help you spot red flags and steer clear of trouble.

What are common text scams? Text message scams may be automated (“robotexts”) or they may be from a real person. There are two main types to be aware of:

1. Malicious links: A malicious link text scam is when a message containing a link is sent to your phone. The text message is often “urgent,” telling you why you should click on the link right now:

You’ve won a (fantastic) prize and you need to redeem it. You need to confirm suspicious activity on your account.

You’re invited to complete a survey about a recent experience. You must confirm a package being delivered to your house.

When you click on the link, it may download malware (malicious software) to your phone. This potentially allows the scammer remote access to your phone, where they can send themselves money using a payment app already installed there. Clicking on the text message link may also take you to a spoofed website where you’ll be asked for personal details and/or a payment.

2. One-time password: A one-time password text message scam involves a phone call from someone pretending to be from a familiar organization. They may claim to be from your bank, your utility



company, or even a government agency. The person or entity that’s scamming you may say there’s a problem with your account—like an overdue bill payment—and then walks you through a process to “fix” the issue. They explain the process requires dual authentication, which is when a one-time passcode is sent to your phone. Once you give the scammer that code, they can take control of your account and access any information in that account.

Text scam warnings signs to look out for:

A message announces you’ve won a major prize (monetary or other), but you don’t recall ever entering a contest or sweepstakes.

You’re asked for highly sensitive personal information to unlock an offer or avoid a penalty. The scammer may request your:

Bank account number, PIN number, credit card number, annual income, Social Security number  
 Other text message red flags include:

The text message contains many misspellings, bad grammar, or both. The phone number of the sender is unusually long.

The message contained in the text is not relevant to you at all.

How do I protect myself from text scams?

To help protect yourself from text message scams, use discretion when opening text messages. Should you receive an unexpected or unsolicited text, do NOT reply or click on any links in the message.

Source: ncoa.org

## 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  
 Open, 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, Dinner is served from 5p - 6p.**

**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 8a-4p**  
 Krista Goldsmith, Site Coordinator  
 Open, Paul 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, Beth & 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



## Area happenings

For more information:

**Beaver Island Chamber**  
 (231) 448-2022  
 Main Street  
 Beaver Island, MI 49782  
[beaverislandcommunitycenter.org](http://beaverislandcommunitycenter.org)

**Boyne Area Chamber**  
 (231) 582-6222  
 115 S. Lake St., Suite A,  
 Boyne City, MI 49712  
[boynechamber.com](http://boynechamber.com)

**Charlevoix Chamber**  
 (231) 547-2101  
 109 Mason Street  
 Charlevoix, MI 49720  
[charlevoix.org](http://charlevoix.org)

**East Jordan Chamber**  
 (231) 536-7351  
 100 Main Street, Suite B  
 East Jordan, MI 49727  
[ejchamber.org](http://ejchamber.org)

### JULY 2024 NOTABLE DATES

- 1 *Early Bird Day*
- 2 *I Forgot Day*
- 3 *Eat Your Beans Day*
- 4 *Independence Day*
- 5 *Bikini Day*
- 6 *Fried Chicken Day*
- 7 *Tell the Truth Day*
- 8 *Video Game Day*
- 9 *Sugar Cookie Day*
- 10 *Pina Colada Day*
- 11 *Make Your Own Sundae Day*
- 12 *Paper Bag Day*
- 13 *French Fries Day*
- 14 *Mac and Cheese Day*
- 15 *Gummi Worm Day*
- 16 *Corn Fritters Day*
- 17 *Hot Dog Day*
- 18 *Listening Day*
- 19 *Daiquiri Day*
- 20 *Strawberry Rhubarb Wine Day*
- 21 *Junk Food Day*
- 22 *Hammock Day*
- 23 *Gorgeous Grandma Day*
- 24 *Drive-Thru Day*
- 25 *Red Shoe Day*
- 26 *Get Gnarly Day*
- 27 *Water Gun Fight Day*
- 28 *Waterpark Day*
- 29 *Dance Day*
- 30 *Friendship Day*
- 31 *Watermelon 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.**



# Boyne Area Activity Calendar

## Boyne Area Senior Center Activities for July 2024—Krista @ 231-582-6682

Monday	Tuesday	Wednesday	Thursday	Friday
1. 8a Sunshine Club Coffee Hour, 9a Cardio Drumming, 10a Superstars Meeting, 11a Weekly Crosswords, 11:30a International Joke Day Activity, 12:30p BINGO, 1p Homemade & Healthy Class, 2p Cards/Table Games	2. 9a Line Dancing, 11a Drop N' Shop, 12:30p BINGO, 1p PBJ Popcorn & Movie "Independence Day", 2p Cards/Table Games	3. 11a Superstars Decorating/Volunteer, 2p Corn Hole Tournament, 4:30p Music OJ Adkins, 5:30p Watermelon Eating Contest w/ Prizes, 6p Human Bomb Pop Race w/ Prizes	4. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED.	5. 8a Sunshine Club Coffee Hour, 9a Cardio Drumming, 11:30a Music \$1 in a Juke Box, 11:45a Special Treat for Graham Cracker Day, 12:30p BINGO, 1p Karaoke, 2p Cards & Games
8. 8a Sunshine Club Coffee Hour, 9a Cardio Drumming, 10a Superstars Meeting, 11a Weekly Crosswords, 11:30a Special Treat for Freezer Pop Day, 12:30p BINGO, 1p Love your Skin Day Activity, 2p Cards/Table Games	9. 9a Line Dancing, 10a Mobile Secretary of State, 11a Hand Massages by Shawna, 12:30p BINGO, 1p Cow Appreciation Day Craft, 2p Cards/Table Games Foot Clinic	10. 11a Superstars Decorating/Volunteer, 2p Popcorn & Movie "Runaway Bride", 4:30p Music Michigan Sands, 4:30p Get the Groom Contest w/Prizes, 5:30p Ceremonies & Vow Renewals, 6p Wedding Dress Race w/ Prizes	11. 9a Line Dancing, 11a Thursday Trivia, 12:30p BINGO, 1p Fresh & Fun Healthy Cooking Class, 2p Cards/Table Games	12. 8a Sunshine Club Coffee Hour, 9a Cardio Drumming, 11a Music by Vintage, 11:45a Orange Dreamsicle Treat, 12:30p BINGO, 1p Karaoke, 2p Cards & Games
15. 8a Sunshine Club Coffee Hour, 9a Cardio Drumming, 10a Superstars Meeting, 11a Weekly Crosswords, 12:30p BINGO, 1p Summer Craft, 2p Cards/Table Games	16. 9a Line Dancing, 11a Drop N' Shop, 11:30a Farm Fresh Table Service, 12:30p BINGO, 1p PBJ Popcorn & Movie "Apollo 13", 2p Cards/Table Games	17. 11a Superstars Decorating/Volunteer, 2p Popcorn & Movie "The Santa Clause", 4:30p Music OJ Adkins, 4:30p Reindeer Ringtoss w/ Prizes, 5:15p Santa's Beard Game w/ Prizes, 5:45p Pass the Snowman Game w/ Prizes	18. 9a Line Dancing, 11:30a BP Clinic, 11:45a Sour Candy Contest, 12:30p BINGO, 1p World Listening Day Activity, 2:30p Senior Smiles w/ Gifts, Foot Clinic	19. Celebration Day! 8a Sunshine Club Coffee Hour, 9a Cardio Drumming, 11a Music by OJ, 12:30p BINGO, 1p Karaoke, 2p Cards & Games
22. 8a Sunshine Club Coffee Hour, 9a Cardio Drumming, 10a Superstars Meeting, 11a Weekly Crosswords, 12:30p BINGO, 1p Mango Day Activity, 2p Cards/ Table Games	23. 9:30a Veterans Social & Free Lunch, 11a Tuesday Trivia, 12:30p BINGO, 1p Manicures & Facials, 2p Cards/ Table Games	24. 11a Superstars Decorating/Volunteer, 2p Popcorn & Movie "Forrest Gump", 4:30p Music Michigan Sands, 4:30p Hippie Van Photo OP, 5:45p Hippy Hippy Shakes Contest w/ Prizes, 6p Best Dressed Groovy Gal & Far-Out Fella Contest	25. 9a Line Dancing, 11a Thursday Trivia, 12:30p BINGO, 1p Amelia Earhart Documentary, 2p Cards/ Table Games	26. 8a Sunshine Club Coffee Hour, 9a Cardio Drumming, 11a Music by Vintage, 12:30p BINGO, 1p Karaoke, 2p Cards & Games
29. 8a Sunshine Club Coffee Hour, 9a Cardio Drumming, 10a Superstars Meeting, 11a Weekly Crosswords, 12:30p BINGO, 1p Rain Day Craft, 2p Cards/Table Games	30. 9a Line Dancing, 11a Drop N' Shop, 12:30p BINGO, 1p Ice Cream Social, 2p Cards/Table Games Foot Clinic	31. 11a Superstars Decorating/Volunteer, 2p Popcorn & "Antiques Roadshow" Marathon, 4:30p Music Lucky Stars, 4:30p Guess Who Activity w/Prizes, 5:15p Antique Trivia w/Prizes, 5:30p Antique Presenters, 6p Guess Who Winners Announced	The BASC is OPEN FULL TIME 8a-4p Mon—Fri with activities all day long! Exercise Room open all day everyday M-F.	Boyne Area Center 411 East Division St, Boyne City Wednesday Night Hours are 11a—7p. Wednesday Night Dinners are served 5p—6p.

# East Jordan Activity Calendar

## East Jordan Senior Center Location Activities for July 2024 — Brenda @ 231-536-7831

Monday	Tuesday	Wednesday	Thursday	Friday
1. 9:30a Coffee Hour, 10a Sewing Repairs, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	2. Open Pickleball 9a–11a, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre	3. 5p Music Barry Loper, 6p Card Bingo	4. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED.	5. Celebration Day Ice Cream Social, 10:30a Chair Yoga, 11:30a Music Barry Loper, 12:30p Card BINGO, 50/50 Drawing
8. 9:30a Coffee Hour, 10a Sewing Repairs, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	9. Open Pickleball 9a–11a, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre	10. 5p Music OJ Adkins, 6p Card Bingo	11. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10a EJSC Advisory Board, 10:30a Cardio Drumming, 11:30a Chamber Chat, 12:30p Matter of Balance, 12:30p Texas Hold-em or Cards	12. 10:30a Chair Yoga, 11:30a Music OJ Adkins, 12:30p Card BINGO, 50/50 Drawing
15. 9:30a Coffee Hour, 10a Sewing Repairs, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	16. Open Pickleball 9a–11a, 9:30a Veterans Social, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre Foot Clinic	17. 5p Music Deb & Rob, 6p Card Bingo	18. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10:30a Cardio Drumming, 12:30p Matter of Balance, 12:30p Texas Hold-em or Cards	19. 10:30a Chair Yoga, 11:30a Music \$1 in a Juke Box, 12:30p Card BINGO, 50/50 Drawing
22. 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	23. 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre	24. 5p Music 2 Beats, 6p Card Bingo Foot Clinic	25. Open Pickleball 9a– 11a, 9:30a Coffee Hour, Hand Massages, 10:30a Cardio Drumming, 11:30a BP Clinic, 12:30p Matter of Balance, 12:30p Texas Hold-em or Cards	26. 10:30a Chair Yoga, 11:30a Music 2 Beats, 12:30p Card BINGO, 50/50 Drawing, Mobile Secretary of State
29. 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	30. Open Pickleball 9a–11a, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre	31. 5p Music Kelly S, 6p Card Bingo	East Jordan Center 951 Mill St., East Jordan Wednesday Night Hours are 2p—7p and Wednesday Night Dinners are served from 5p-6p	Mon—Fri Open Gym Walking 9a-1p. Exercise Room open all day. ACTIVITIES ARE SUBJECT TO CHANGE



# ALL Charlevoix County Senior Center Menus

All Senior Center Locations Menu July 2024 (Lunch 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
1. Grilled Chicken Breast Sandwich w/Fried Onions & Cheese, Tater Tots, Honey Mustard Cup, Mixed Vegetables, Soup Du Jour, Fruit <b>Alternative Meal for Week:</b> Chef Salad	2. <b>I Forgot Day</b> Beef Tips with Onions, Buttered Noodles, Garden Vegetables, Fruit	3. <b>Wednesday Dinner -</b> Independence Day Fried Chicken, Homemade Potato Salad, Corn on Cob, Diced Watermelon Fruit Salad, Side Salad, Strawberry Shortcake	4. <b>ALL COA OFFICES &amp; SENIOR CENTERS ARE CLOSED</b>	5. <b>Bikini Day</b> Baked Potato w/ Cheese, Chicken Noodle Soup, Sour Cream Cup, Saltine Crackers, String Cheese, Fruit, Soup Du Jour
8. Ham & Cheese Stromboli, Fettucine Alfredo, Garden Vegetable, Soup Du Jour, Fruit <b>Alternative Meal for Week:</b> Maurice Salad	9. <b>Sugar Cookie Day</b> Chicken Parmesan, Pasta Marinara, Vegetable Medley, Fruit	10. <b>Wednesday Dinner -</b> Wedding Night Roast Beef, Mashed Potatoes & Gravy, Asparagus, Side Salad, Special Dessert	11. <b>Breakfast for Lunch</b> Biscuits & Sausage Gravy, Scrambled Eggs, Warm Applesauce, Fresh Berries	12. <b>Paper Bag Day</b> Cooks Choice, Potato, Vegetable, Fruit, Soup Du Jour
15. Open Faced Rueben Corned Beef & Swiss, Sauerkraut, Smilie Fries, Vegetable, Soup Du Jour, Fruit <b>Alternative Meal for Week:</b> Chicken Cobb Salad	16. <b>Corn Fritters Day</b> Spaghetti w/ Meat Sauce, Garlic Biscuit, Garden Vegetable, Fruit	17. <b>Wednesday Dinner -</b> Christmas in July Ham w/ Pineapple, Cheesy Potatoes, Green Beans, Side Salad, Cinnamon Bread Pudding	18. <b>Listening Day</b> Cheesy Chicken Casserole, Rice, Broccoli, Bread Stick, Fruit	19. <b>Daiquiri Day</b> Mom's Meatloaf, Mashed Potatoes & Gravy, Garden Vegetable, Soup Du Jour, Fruit
22. Sweet & Sour Breaded Pork, Oriental Vegetables, Seasoned Rice, Eggroll, Soup Du Jour <b>Alternative Meal for Week:</b> Turkey & Ranch Wrap	23. <b>Gorgeous Grandma Day</b> Grilled Ham & Cheese, Ranch Wedge Fries, Mixed Vegetable, Fruit	24. <b>Wednesday Dinner -</b> Flower Power Carrot & Spinach Vegetable Lasagna, Garlic Bread, Side Salad, Lemon Bar	25. <b>Red Shoe Day</b> Large Meatball with Creamy Mushroom Gravy, Mashed Potatoes, Garden Vegetable, Fruit	26. <b>Get Gnarly Day</b> Parmesan Crusted Tilapia, Seasoned Rice, Fresh Vegetable, Soup Du Jour, Fruit
29. Cheeseburger, Ranch Wedge Fries, Vegetable Medley, Soup Du Jour, Fruit <b>Alternative Meal for Week:</b> Chicken Cesar Salad Kit	30. <b>Dance Day</b> Roasted Pork Loin, Mashed Potatoes & Pork Gravy, Fresh Vegetable, Fruit	31. <b>Wednesday Dinner -</b> Antique Show & Tell BBQ Chicken Drumsticks, Rosemary Potatoes, Roasted Carrots, Pasta Salad, Popsicle	Wednesday Night Dinners are served from 5p-6p. <b>This means NO LUNCHEs at the Senior Centers on Wednesdays</b>	<b>ALL MEALS INCLUDE MILK, BREAD &amp; BUTTER, 2 VEGGIES &amp; A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE</b>

## Charlevoix Activity Calendar

Charlevoix Senior Center Activities for July 2024—Vikki @ 231-547-3844

Monday	Tuesday	Wednesday	Thursday	Friday
1. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Beginners/Intermediate Pickleball	2. <b>8-9a Safe Haven Free Breakfast Club</b> , 9a Coffee Talk, Walkers, 10a Bone Builders-Rec Room, 10a Line Dancing, 12:30p Veteran's Day & Free Lunch, 12:30p COA Movie Day w / Popcorn, 1p Games/Puzzles/Euchre/Open Pool, 1p Mahjong, 1:30 Advanced Pickleball	3. 9a Coffee Talk, Walkers, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Beginners/Intermediate Pickleball, 5p Dinner Independence Day Music Ken Dinkins	4. <b>ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED</b>	5. <b>8-9a Safe Haven Free Breakfast Club</b> , 9a Coffee Talk, Walkers, 10a Crafts, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Open Pickleball
8. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Beginners/Intermediate Pickleball	9. <b>8-9a Safe Haven Free Breakfast Club</b> , 9a Coffee Talk, Walkers, 10a Bone Builders-Rec Room, 10a Line Dancing, 12:30p COA Movie Day w / Popcorn, 1p Games/Puzzles/Euchre/Open Pool, 1p Mahjong, 1:30 Advanced Pickleball	10. 9a Coffee Talk, Walkers, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Beginners/Intermediate Pickleball, 5p Dinner Wedding Night Music by Dolph	11. 9a Coffee Talk, Walkers, 9:30a Tai Chi w/Gretchen, 10a Bone Builders-Rec Room, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Advanced Pickleball, 2p Matinee @ Cinema	12. <b>8-9a Safe Haven Free Breakfast Club</b> , 9a Coffee Talk, Walkers, 10a Crafts, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Open Pickleball
15. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Beginners/Intermediate Pickleball	16. <b>8-9a Safe Haven Free Breakfast Club</b> , 9a Coffee Talk, Walkers, 10a Bone Builders-Rec Room, 10a Line Dancing, 12:30p COA Movie Day w / Popcorn, 1p Games/Puzzles/Euchre/Open Pool, 1p Mahjong, 1:30 Advanced Pickleball	17. 9a Coffee Talk, Walkers, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Beginners/Intermediate Pickleball, 5p Dinner Christmas in July Music by Ken Dinkins	18. 9a Coffee Talk, Walkers, 9:30a Tai Chi w/Gretchen, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Advanced Pickleball, 2p Matinee @ Cinema	19. <b>8-9a Safe Haven Free Breakfast Club</b> , 9a Coffee Talk, Walkers, 10a Crafts, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Open Pickleball
22. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Beginners/Intermediate Pickleball	23. <b>8-9a Safe Haven Free Breakfast Club</b> , 9a Coffee Talk, Walkers, 10a Bone Builders-Rec Room, 10a Line Dancing, 11a Hand Massages by Shawna, 12:30p COA Movie Day w /Popcorn 1p Games/Puzzles/Euchre/Open Pool, 1p Mahjong, 1:30 Advanced Pickleball	24. 9a Coffee Talk, Walkers, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Beginners/Intermediate Pickleball, 5p Dinner Flower Power Music by Dolph	25. 9a Coffee Talk, Walkers, 9:30a Tai Chi w/Gretchen, 10a Bone Builders-Rec Room, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Advanced Pickleball, 2p Matinee @ Cinema	26. <b>8-9a Safe Haven Free Breakfast Club</b> , 9a Coffee Talk, Walkers, 10a Crafts, 11:45a Celebration Day Ice Cream Social, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Open Pickleball
29. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Beginners/Intermediate Pickleball	30. <b>8-9a Safe Haven Free Breakfast Club</b> , 9a Coffee Talk, Walkers, 10a Bone Builders-Rec Room, 10a Line Dancing, 12:30p COA Movie Day w / Popcorn 1p Games/Puzzles/Euchre/Open Pool, 1p Mahjong, 1:30 Advanced Pickleball	31. 9a Coffee Talk, Walkers, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Beginners/Intermediate Pickleball, 5p Dinner Antique Roadshow Music by The Geezer Band	Wednesday Night Hours are 11a—7p. Dinners are served 5p-6p.  There is NO Lunch Services on Wednesday for July, August.	Charlevoix Center 13513 Division Ave, Charlevoix  <b>Activities are subject to change</b>

### 2024 Senior Project FRESH !

Fresh fruits and vegetables available for income-eligible seniors. Benefits local farmers' markets too!

Eligibility Requirements: 60 years of age and older OR  
 55 years of age and older AND belongs to a Michigan federally recognized tribe or urban tribal group  
 Be a Charlevoix County resident  
 Review nutrition education material handouts

Monthly Total Household Income Guidelines: (185% of poverty or less)  
 Household size of 1 -- \$2,321.75 or less  
 Household size of 2 -- \$3,151.17 or less  
 Household size of 3 -- \$3,980.58 or less

If you have questions, please call the Charlevoix County Commission on Aging at (231) 237-0103.

**If you are not able to attend yourself, you can send a proxy. A proxy must be 18 years of age or older and dependable. For the coupons to be issued to a proxy, he/she must present identification AND written approval from the participant. Proxies must sign the coupon book and the coupon register to receive the coupons.**

**Safe Haven Sponsored Breakfast Club Menu July 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

**2. Hot Breakfast:**  
 Breakfast Casserole: Eggs, Cheese, Sausage, Potatoes, Peppers & Onions

*All Breakfasts include Yogurt & Orange Juice*

**9. Hot Breakfast:**  
 Breakfast Burrito: Eggs, Diced Bacon, Cheese, Pico De Gallo & Cheesy Tater Tots

*All Breakfasts include Yogurt & Orange Juice*

**16. Hot Breakfast:**  
 French Toast, Sausage Patty, Scrambled Eggs, served with Hashbrowns

*All Breakfasts include Yogurt & Orange Juice*

**23. Hot Breakfast:**  
 Biscuits with Sausage & Gravy, 1 Oven Baked Egg, Warm Applesauce

*All Breakfasts include Yogurt & Orange Juice*

**30. Hot Breakfast:**  
 Breakfast Casserole: Eggs, Cheese, Sausage, Potatoes, Peppers & Onions

*All Breakfasts include Yogurt & Orange Juice*

**5. FRIDAY BIG Hot Breakfast:**  
 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions

*All Breakfasts include Fresh Fruit, Maple Syrup, & Milk*

**12. FRIDAY BIG Hot Breakfast:**  
 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions

*All Breakfasts include Fresh Fruit, Maple Syrup, & Milk*

**19. FRIDAY BIG Hot Breakfast:**  
 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions

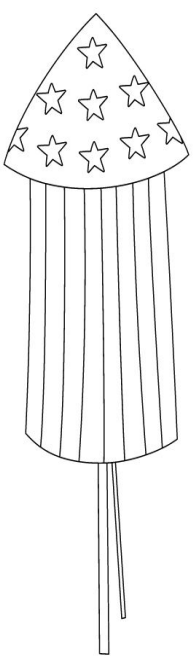
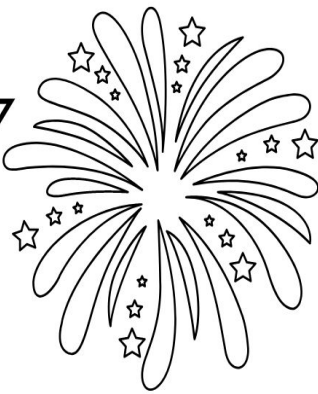
*All Breakfasts include Fresh Fruit, Maple Syrup, & Milk*

**26. FRIDAY BIG Hot Breakfast:**  
 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions

*All Breakfasts include Fresh Fruit, Maple Syrup, & Milk*

## Just for fun

# 4TH OF JULY WORD SEARCH



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

- fireworks
- freedom
- nation
- stripes
- family
- July
- barbecue
- holiday
- stars
- forth



**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 for July & August at  
 The Shamrock Only

Monthly special meals will restart in October.

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!

We are always looking for more ways to meet you where you are in you aging process.

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.