

September 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!**



**“SEPTEMBER TRIES IT’S BEST TO HAVE US FORGET SUMMER.” ~ BERNARD WILLIAMS**

## Area happenings

For more information:

**Beaver Island Chamber**  
 (231) 448-2022  
 Main Street  
 Beaver Island, MI 49782  
 beaverislandcommunitycenter.org

**Boyerne 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 49712  
 ejchamber.org

### SEPTEMBER 2024 NOTABLE DATES

- 1 *No Rhyme Nor Reason Day*
- 2 *Labor Day*
- 3 *Skyscraper Day*
- 4 *Eat an Extra Dessert Day*
- 5 *Be Late for Something Day*
- 6 *Read A Book Day*
- 7 *Tailgating Day*
- 8 *Grandparents Day*
- 9 *Sudoku Day*
- 10 *Swap Ideas Day*
- 11 *9/11 Remembrance Day*
- 12 *Day of Encouragement*
- 13 *Chocolate Day*
- 14 *Coloring Day*
- 15 *Double Cheeseburger Day*
- 16 *Guacamole Day*
- 17 *Apple Dumpling Day*
- 18 *Rice Krispie Treat Day*
- 19 *Butterscotch Pudding Day*
- 20 *Gibberish Day*
- 21 *Gratitude Day*
- 22 *Autumn (Fall) Begins Day*
- 23 *Family Day*
- 24 *Punctuation Day*
- 25 *One-Hit Wonder Day*
- 26 *Pancake Day*
- 27 *No Excuses Day*
- 28 *Ask a Silly Question Day*
- 29 *Heart Day*
- 30 *Hot Mulled Cider 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

Emergency Preparedness

It something we never think about as a society until something happens and it is even more important for our aging community to have a plan and resources in place as their needs are immediate and complicated.

Local officials and relief-workers may not be able to reach everyone right away. You can deal with a disaster by preparation in advance.

Older Americans CAN start preparing for Emergencies before they happen!

1. Put together a Basic Needs and Supplies list that is specific to your needs.

2. When making a plan, meet with your family, friends and caregivers to assess yourself and your household.

Plan for your pets and service animals. Create a communication plan and keep a list of important phone numbers and Emergency Contact Information. Protect Vital Records and documents.

Plan for transportation in case you need to evacuate.

3. Be informed of your Community Warning Systems.

Be informed of what services are provided at Red Cross Shelters.

Be aware of the potential for Financial Exploitation/Scams after a disaster.

Disasters can happen at any moment. By planning ahead you can avoid waiting in long lines for critical supplies, such as food, water and medicine and you will also have essential items if you need to evacuate.

• For your safety and comfort, have a disaster supplies kit packed and ready in



oneplace before a disaster hits.

• Assemble enough supplies to last for at least-three days.

• Store your supplies in-one or more easy-to-carry containers, such as a back pack or duffel bag.

• You may want to consider storing supplies in a container that has wheels.

• Be sure your bag has an ID tag.

• Label any equipment,-such as wheelchairs, canes or walkers,that you would need with your name, address and phone numbers.

• Keeping your kit up-to-date is also important. Review the contents atleast every six months or as your needs change.

Check expiration dates and shift your stored supplies into everyday use before they expire. Replace food, water and batteries, and refresh medications and other perishable items with “first in, first out” practices.

For information about-specific types of emergencies, visit [www.ready.gov](http://www.ready.gov) or call 1-800—BE-READY.

Ultimately you are responsible for you. Assistance is never guaranteed or guaranteed immediately so take care of you and make sure you will be ok for as long as you can. When you plan, you experience less crisis and can survive and thrive longer.

September is Emergency Preparedness Month, so take a minute to review your plans and if you have no plan, make one.

Stay Safe and Be Well!

## 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  
 Tara Palmer Pop, Senior Program Facilitator

**Health Care Services:**  
 Tracey Rupinski, RN, Director of Health Care Services  
 Open Position  
 Arlene Wilson, CNA  
 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.**

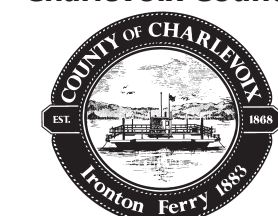
**Many wonderful Volunteers in all aspects of our services!**

**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

**Boyerne Area Senior Center:**  
**Open M-F 8a-4p**  
 Krista Goldsmith, Site Coordinator  
 Open, Maria, Paul H 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





# Boyne Area Activity Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
2. <b>All COA Offices and Senior Centers are CLOSED</b>	3. Back to School Day 9a Line Dancing, 12:30p BINGO, 1:30p Tai Chi for Diabetes, 2p Cards/Table Games Foot Clinic	4. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Creative Craft Time, 12p Guest Speaker Bob Baxter A Merchant Marine Memoir, 1p Fall Embroidery Craft, 2p Cards/Table Games	5. 9a Line Dancing, 10:30a Audible Book Club in the Conference Room, 1p Fresh, Fun & Healthy Cooking Class, 2p Cards/Table Games	6. Grandparents Day Lunch 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Soup Sisterhood Class, 11:30a Music by \$1 in a Juke Box, 12:30p BINGO, 1:30p Chair Yoga, 2p Cards & Games
9. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Mindful Meditation, 11a Drop N' Shop, 12:30p BINGO, 1p Medicare 101 w/Dale Boehm, 2p Cards/Table Games	10. 9a Line Dancing, 11a Music by Michigan Sands, 11a Hand Massages by Shawna, 12:15p Alzheimer's Awareness Presentation, 1:30p Tai Chi for Diabetes, 2p Cards/Table Games	11. <b>All Senior Centers are CLOSED for Staff Training</b>	12. 9a Line Dancing, 10:30a Audible Book Club in the Conference Room, 1p Popcorn Bar & Movie "Larry Crowne", 2p Cards/Table Games Foot Clinic	13. Country Hootenanny Party! 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Soup Sisterhood Class, 11a Music by Vintage, 11a Pie Auction, 11:30a Cow Tippin' Contest w/ Prizes, 12:30p BINGO, 1:30p Chair Yoga, 2p Cards & Games
16. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Mindful Meditation, 12:30p BINGO, 1p Medicare 101 w/Dale Boehm, 1:30p AAANM Caregiver Class, 2p Cards/Table Games	17. 9a Line Dancing, 11a Music by Michigan Sands, 1:30p Tai Chi for Diabetes, 2p Cards/Table Games	18. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Creative Craft Time, 12p Rosie the Riveter Assoc Presentation, 2p Cards/Table Games	19. 9a Line Dancing, 10:30a Audible Book Club in the Conference Room, 11:30a Blood Pressure Checks, 1p Mason Jar Scarecrow Craft, 2p Cards/Table Games	20. <b>Celebration Day!</b> Tail Gate Party! 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 11a Chili Cook Off, 11a Music by OJ, 12:30p BINGO, 1:30p Chair Yoga, 2p Cards & Games
23. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Mindful Meditation, 11a Drop N' Shop, 12:30p BINGO, 1p Homemade & Healthy Class, 2p Cards/Table Games	24. 9:30a Veterans Social & Free Lunch, 11a Autumn Beverage Bar, 11a Music by Michigan Sands, 1p Manicures with Autumn, 1:30p Tai Chi for Diabetes, 2p Cards/Table Games	25. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Creative Craft Time, 10a-3p MI Mobile SOS, 11a Music by Lucky Stars, 1p Fall Candle Making Craft, 2p Cards/Table Games	26. 9a Line Dancing, 10:30a Audible Book Club in the Conference Room, 11a Autumn Beverage Bar, 1p Popcorn Bar & Movie "The Replacements", 2p Cards/Table Games	27. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Soup Sisterhood Class, 11a Music by Vintage, 12:30p BINGO, 1:30p Chair Yoga, 2p Cards & Games
30. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Mindful Meditation, 11a Autumn Beverage Bar, 12:30p BINGO, 1p Autumn Mug Painting Class, 2p Cards/Table Games		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	

# East Jordan Activity Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
2. <b>ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED</b>	3. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre	4. 9:30a Coffee Hour, 12:30p Card Bingo	5. 9a Hair Cuts \$\$\$, Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10:30a Cardio Drumming, 11:30a BP Clinic, 12p Speaker Bob Baxter, 12:30p Matter of Balance, 12:30p Texas Hold-em or Cards	2. <b>Celebration Day Ice Cream Social</b> , 10:30a Chair Yoga, 11:30a Music Barry Loper, 12:30p Card BINGO, 50/50 Drawing Foot Clinic
9. 9:30a Coffee Hour, 10a Sewing Repairs, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	10. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre Foot Clinic	11. <b>ALL SENIOR CENTERS ARE CLOSED FOR STAFF TRAINING</b>	12. 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	9. 10:30a Chair Yoga, 11:30a Music OJ Adkins, 12:30p Card BINGO, 50/50 Drawing
16. 9:30a Coffee Hour, 10a Sewing Repairs, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	17. Open Pickleball 9a– 11a, 9:30a Veterans Social, 9:30a Coffee Hour, 10a Knit & Crochet, 10a Medicare Open Enrollment w/ Dale Boehm, 12:30p Euchre	18. 9:30a Coffee Hour, 12:30p Card Bingo	19. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10:30a Cardio Drumming, 12:30p Matter of Balance, 12:30p Texas Hold-em or Cards	16. 10:30a Chair Yoga, 11:30a Music \$1 in a Juke Box, 12:30p Card BINGO, 50/50 Drawing
23. 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	24. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre	25. 9:30a Coffee Hour, 12:30p Card Bingo	26. 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, Foot Clinic	23. 10:30a Chair Yoga, 11:30a Music 2 Beats, 12:30p Card BINGO, 50/50 Drawing
30. 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table			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 September 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>2. <b>All COA Offices and Senior Centers are CLOSED</b></p> <p>Alternative Meal for Week: <i>Detroit Maurice Salad</i></p>	<p>3. <b>School Daze</b> <i>MI Square School</i> Pepperoni Pizza, Tater Tots, Green Beans, String Cheese, Fruit</p>	<p>4. <b>Polish Dinner</b> <i>Krzysiak's Polish Kielbasa,</i> Potato &amp; Cheese Pierogies, Garden Vegetable, Sour Cream Cup, Fruit</p>	<p>5. Salmon Pattie w/ Alfredo Sauce, Seasoned Rice, Vegetable Medley, Fruit</p>	<p>6. Ground Sirloin, Sauteed Onions, Mashed Potatoes &amp; Gravy, Fresh Vegetables, Fruit, Soup Du Jour</p>
<p>9. Breaded Chicken Breast with Bacon &amp; Cheese, Tater Tots, <i>MI Blueberries over Angel Food Cake</i>, Soup Du Jour Alternative Meal for Week: <i>TC Cherry Chicken Salad</i></p>	<p>10. <i>Warm Cudigi Sandwich on Bun</i>, Ground Italian Sausage Patty with Peppers &amp; Onions, Ranch Wedge Fries, Vegetable Medley, Fruit</p>	<p>11. <b>All Charlevoix County Senior Center's are CLOSED for Staff Training.</b></p>	<p>12. Cooks Choice, Potato, Vegetable, Fruit</p>	<p>13. Asian Beef, Light Teriyaki &amp; Rice, Oriental Vegetable, Mini Spring Rolls, Fruit, Soup Du Jour, <i>Vernor's Boston Cooler</i></p>
<p>16. Ham &amp; Pineapple, Sweet Potatoes, Fresh Vegetable, Soup Du Jour Alternative Meal for Week: <i>MI Fish Dip &amp; Crackers</i></p>	<p>17. Cabbage Roll Casserole, Ground Beef, Rice, Cabbage &amp; Tomatoes, Fruit</p>	<p>18. <i>Frankenmuth Fired Chicken</i>, Mashed Potatoes &amp; Gravy, Green Beans, Tossed Salad, <i>Superman Ice Cream</i></p>	<p>19. Country Fried Pork Fritter, Beef Gravy, Scalloped Potatoes, Vegetable Medley, Fruit</p>	<p>20. Parmesan Garlic Wings, Beef Chili, Saltine Crackers, Soup Du Jour, Fruit</p>
<p>23. Bacon Cheese Burger, Bun, Ranch Wedge Fries, Mixed Vegetables, Fruit, Soup Du Jour Alternative Meal for Week: <i>Paul's Italian Sub with Shredded Lettuce &amp; Tomato</i></p>	<p>24. Spinach &amp; Swiss Quiche, Rosemary Potatoes, Steamed Broccoli, Fruit</p>	<p>25. Chicken Breast Supreme, Mashed Potatoes &amp; Gravy, Garden Vegetable, Fruit, Side Salad</p>	<p>26. <i>UP Poutine</i>, Shredded Beef, Red Skin Wedges, Cheese Curds, Beef Gravy, Fruit</p>	<p>27. Breakfast for Lunch, Pancakes, Sausage Links, Diced Potatoes, Warm Applesauce, <i>LOCAL MI Maple Syrup</i></p>
<p>30. <i>Krzysiak's Chicken Noodle Soup</i>, Grilled Tomato &amp; Cheese Sandwich, <i>Great Lakes Chips</i>, Baby Carrots, Fruit Alternative Meal for Week: Tuna Pasta Salad</p>		<p>Celebrate MI Month and Senior Citizen's Month with us at our Senior Centers. Fun Food and Activities Planned!</p>		<p>ALL MEALS INCLUDE MILK, BREAD &amp; BUTTER, 2 VEGGIES &amp; A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>

## Charlevoix Activity Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2. <b>ALL COA OFFICES &amp; SENIOR CENTERS ARE CLOSED.</b></p>	<p>3. <b>8-9a Safe Haven Free Bfast Club</b>, 8:30a Coffee Talk, Walkers, <b>10a Bone Builders-Rec Room</b>, <b>10a Line Dancing</b>, <b>12:30p Veteran's Day &amp; Free Lunch</b>, 12:30p COA Movie Day w /Popcorn, <b>1p Games/Puzzles/Euchre</b>, <b>1p Mahjong</b>, <b>1:30 Advanced Pickleball</b></p>	<p>4. 8:30a Coffee Talk, Walkers, 12:30p Bridge, <b>12:30p Cardio Drumming</b>, <b>1p Games/Puzzles/Euchre</b>, <b>1:30p Beginners/Intermediate Pickleball</b></p>	<p>5. 8:30a Coffee Talk, Walkers, <b>9:30a Tai Chi w/Gretchen</b>, <b>1p Games/Puzzles/Euchre</b>, <b>1:30p Open Pickleball</b>, 1p Matinee @ Cinema (See Show Times)</p>	<p>6. <b>8-9a Safe Haven Free Breakfast Club</b>, 8:30a Coffee Talk, Walkers, <b>10a Crafts</b>, 12p Presentation by Author, Bob Baxter-Retired First Assistant Engineer Merchant Marine, <b>12:30p Cardio Drumming</b>, <b>1p Games/Puzzles/Euchre</b>, <b>1:30p Open Pickleball</b></p>
<p>9. 8:30a Coffee Talk, Walkers, <b>9a-11a Advanced Pickleball</b>, <b>12:30p Cardio Drumming</b>, <b>1p Games/Puzzles/Euchre</b>, <b>1:30p Beginners/Intermediate Pickleball</b></p>	<p>10. <b>8-9a Safe Haven Free Bfast Club</b>, 8:30a Coffee Talk, Walkers, <b>10a Bone Builders-Rec Room</b>, <b>10a Line Dancing</b>, 12:30p COA Movie Day w /Popcorn, <b>1p Games/Puzzles/Euchre</b>, <b>1p Mahjong</b>, <b>1:30 Advanced Pickleball</b>, <b>4p Yoga</b></p>	<p>11. <b>ALL SENIOR CENTERS ARE CLOSED FOR STAFF TRAINING.</b></p>	<p>12. 8:30a Coffee Talk, Walkers, <b>9a Yoga</b>, <b>10a Bone Builders-Rec Room</b>, <b>10:15a Chair Yoga</b>, <b>1p Games/Puzzles/Euchre</b>, <b>1:30p Open Pickleball</b> 1p Matinee @ Cinema (See Show Times)</p>	<p>13. <b>8-9a Safe Haven Free Breakfast Club</b>, 8:30a Coffee Talk, Walkers, <b>10a Crafts</b>, <b>10a SOS Mobile Office</b>, <b>12:30p Cardio Drumming</b>, <b>1p Games/Puzzles/Euchre</b>, <b>1:30p Open Pickleball</b></p>
<p>16. 8:30a Coffee Talk, Walkers, <b>9a-11a Advanced Pickleball</b>, <b>12:30p Cardio Drumming</b>, <b>1p Games/Puzzles/Euchre</b>, <b>1:30p Beginners/Intermediate Pickleball</b></p>	<p>17. <b>8-9a Safe Haven Free Bfast Club</b>, 8:30a Coffee Talk, Walkers, <b>10a Bone Builders-Rec Room</b>, <b>10a Line Dancing</b>, <b>11a Hand Massages by Shawna</b>, 12:30p COA Movie Day w /Popcorn, <b>1p Games/Puzzles/Euchre</b>, <b>1p Mahjong</b>, <b>1:30 Advanced Pickleball</b>, <b>4p Yoga</b></p>	<p>18. 8:30a Coffee Talk, Walkers, <b>12:30p Bridge</b>, <b>1p Dale Boehm-Medicare Enrollment Presentation</b>, <b>12:30p Cardio Drumming</b>, <b>1p Games/Puzzles/Euchre</b>, <b>1:30p Beginners/Intermediate Pickleball</b></p>	<p>19. 8:30a Coffee Talk, Walkers, <b>9a Yoga</b>, <b>9:30a Tai Chi w/Gretchen</b>, <b>10a Bone Builders-Rec Room</b>, <b>10:15a Chair Yoga</b>, <b>1p Games/Puzzles/Euchre</b>, <b>1:30p Advanced Pickleball</b>, 1p Matinee @ Cinema (See Show Times)</p>	<p>20. <b>Celebration Day Ice Cream Social</b>, <b>8-9a Safe Haven Free Breakfast Club</b>, 8:30a Coffee Talk, Walkers, <b>10a Crafts</b>, <b>12:30p Cardio Drumming</b>, <b>1p Games/Puzzles/Euchre</b>, <b>1:30p Open Pickleball</b></p>
<p>23. 8:30a Coffee Talk, Walkers, <b>9a-11a Advanced Pickleball</b>, <b>12:30p Cardio Drumming</b>, <b>1p Games/Puzzles/Euchre</b> <b>1:30p Beginners/Intermediate Pickleball</b></p>	<p>24. <b>8-9a Safe Haven Free Bfast Club</b>, 8:30a Coffee Talk, Walkers, <b>10a Bone Builders-Rec Room</b>, <b>10a Line Dancing</b>, 12:30p COA Movie Day w /Popcorn, <b>1p Games/Puzzles/Euchre</b>, <b>1p Mahjong</b>, <b>1:30 Advanced Pickleball</b>, <b>4p Yoga</b></p>	<p>25. 8:30a Coffee Talk, Walkers, <b>12:30p Bridge</b>, <b>12:30p Cardio Drumming</b>, <b>1p Games/Puzzles/Euchre/Open Pool</b>, <b>1:30p Beginners/Intermediate Pickleball</b></p>	<p>26. 8:30a Coffee Talk, Walkers, <b>9a Yoga</b>, <b>9:30a Tai Chi w/Gretchen</b>, <b>10a Bone Builders-Rec Room</b>, <b>10:15a Chair Yoga</b>, <b>11:30a Music by Ken Dinkins</b>, <b>1p Games/Puzzles/Euchre</b>, <b>1:30p Advanced Pickleball</b>, 1p Matinee @ Cinema (See Show Times)</p>	<p>27. <b>8-9a Safe Haven Free Breakfast Club</b>, 8:30a Coffee Talk, Walkers, <b>10a Crafts</b>, <b>12:30p Cardio Drumming</b>, <b>1p Games/Puzzles/Euchre</b>, <b>1:30p Open Pickleball</b></p>
<p>30. 8:30a Coffee Talk, Walkers, <b>9a-11a Advanced Pickleball</b>, <b>12:30p Cardio Drumming</b>, <b>1p Games/Puzzles/Euchre</b> <b>1:30p Beginners/Intermediate Pickleball</b></p>	<p>Renovations have begun! The Foot Clinic has been moved to a temporary room. This is an exciting time and we apologize for any inconvenience.</p>	<p>The Pool Table Room and Mahjong/Bridge/Cards/ Puzzle Room will be unavailable until Spring 2025 but you can use the dining room for some of these activities.</p>		<p>Charlevoix Center 13513 Division Ave, Charlevoix <b>Activities are subject to change</b></p>



### What are the Medicare Savings Programs (MSPs)?

The Medicare Savings Programs, also known as Medicare Buy-In programs or Medicare Premium Payment Programs, help pay your Medicare costs if you have limited income and savings. There are three main programs, each with different benefits and eligibility requirements. If you qualify for one of the three main MSPs, your Medicare Part B monthly premium will no longer be deducted from your Social Security check.  
 What are the Medicare Savings Program income and asset limits?

To qualify for an MSP, you must meet your state's income and asset limits. Listed below are the baseline federal income and asset limits for each MSP for 2024.

- Qualifying Individual (QI)**  
 Gross monthly income limits: 135% Federal Poverty Line (FPL) + \$20\*  
 Most states: \$1,715 for individual (\$2,320 for couple)  
 Asset limits: \$9,430 for individual (\$14,130 for couple)
- Specified Low-income Medicare Beneficiary (SLMB)**  
 Gross monthly income limits: 120% FPL + \$20  
 Most states: \$1,526 for individual (\$2,064 for couple)  
 Asset limits: \$9,430 for individual (\$14,130 for couple)
- Qualified Medicare Beneficiary (QMB)**  
 Gross monthly income limits: 100% Federal Poverty Level, or FPL, + \$20  
 Most states: \$1,275 for individual (\$1,724 for couple)  
 Asset limits: \$9,430 for individual (\$14,130 for couple)

**Safe Haven Sponsored Breakfast Club Menu September 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><b>3. Hot Breakfast:</b>                  Breakfast Burrito: Eggs, Diced Bacon, Cheese, Pico De Gallo &amp; Cheesy Tater Tots</p> <p><i>All Breakfasts include Yogurt &amp; Orange Juice</i></p>	<p><b>6. FRIDAY BIG Hot Breakfast:</b>                  2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions</p> <p><i>All Breakfasts include Fresh Fruit, Maple Syrup, &amp; Milk</i></p>
<p><b>10. Hot Breakfast:</b>                  French Toast, Sausage Patty, Scrambled Eggs, served with Hashbrowns</p> <p><i>All Breakfasts include Yogurt &amp; Orange Juice</i></p>	<p><b>13. FRIDAY BIG Hot Breakfast:</b>                  2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions</p> <p><i>All Breakfasts include Fresh Fruit, Maple Syrup, &amp; Milk</i></p>
<p><b>17. Hot Breakfast:</b>                  Biscuits with Sausage &amp; Gravy, 1 Oven Baked Egg, Warm Applesauce</p> <p><i>All Breakfasts include Yogurt &amp; Orange Juice</i></p>	<p><b>20. FRIDAY BIG Hot Breakfast:</b>                  2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions</p> <p><i>All Breakfasts include Fresh Fruit, Maple Syrup, &amp; Milk</i></p>
<p><b>24. Hot Breakfast:</b>                  Breakfast Casserole: Eggs, Cheese, Sausage, Potatoes, Peppers &amp; Onions</p> <p><i>All Breakfasts include Yogurt &amp; Orange Juice</i></p>	<p><b>27. FRIDAY BIG Hot Breakfast:</b>                  2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions</p> <p><i>All Breakfasts include Fresh Fruit, Maple Syrup, &amp; Milk</i></p>

## Just for fun



*September national days word search printable from Always the Holidays*

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

**PATRIOT DAY**

**PROPOSAL DAY**

**GRATITUDE DAY**

**DEAF DAY**

**BATMAN DAY**

**SOBER DAY**

**ALZHEIMERS DAY**

**PEANUT DAY**

**GYRO DAY**

**CHAI DAY**

**SALAMI DAY**

**FAMILY DAY**

**GREENPEACE DAY**

**SCARF DAY**

**VFW DAY**

**RHINO DAY**

**RESPECT DAY**

**SKYSCRAPER DAY**

**TV DINNER DAY**

**SUDOKU DAY**

**COFFEE DAY**

**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 Shamrock, The School, and The Harbour Market  
 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.