

October 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!



THE MOST WASTEFUL OF DAYS ARE THE ONES WITHOUT LAUGHTER!

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

OCTOBER 2024 NOTABLE DATES

- 1 *Homemade Cookies Day*
- 2 *Pumpkin Seed Day*
- 3 *Look at the Leaves Day*
- 4 *Smile Day*
- 5 *Frugal Fun Day*
- 6 *Noodle Day*
- 7 *Frappe' Day*
- 8 *Face Your Fears Day*
- 9 *Beer and Pizza Day*
- 10 *Handbag Day*
- 11 *It's My Party Day*
- 12 *Drink Local Wine Day*
- 13 *Silly Sayings Day*
- 14 *Columbus Day*
- 15 *Grouch Day*
- 16 *Bosses Day*
- 17 *Wear Something Gaudy Day*
- 18 *Necktie Day*
- 19 *Sweetest Day*
- 20 *Chef's Day*
- 21 *Pumpkin Cheesecake Day*
- 22 *Smart is Cool Day*
- 23 *Croc Day*
- 24 *Bologna Day*
- 25 *Frankenstein Friday*
- 26 *Howl at the Moon Night*
- 27 *Black Cat Day*
- 28 *Chocolate Day*
- 29 *Internet Day*
- 30 *Candy Corn Day*
- 31 *Halloween*

Director's CORNER



October 1st is the beginning of our fiscal year and for those of you who come to any of the Charlevoix County Senior Centers or are on Beaver Island using our voucher system, you will need to complete a Nation Aging Program Information System (NAPIS) form to participate in our Nutritional Program.

Now, before you all start to ask, "Why do we need to fill out this form again?" The short answer is that it has ALWAYS been a requirement that begins October 1st each year.

It is in place to help us obtain funding from both the Older American's Act and the Older Michiganian's Act. It is a requirement from the Area Agency on Aging for partial reimbursement of each meal cost.

This is especially important right now as food costs have tripled in the last year and because we strive to provide a higher standard of food quality, we are paying more for fresh fruits, vegetables and all the other favorites our seniors crave.

This form also helps to:

- Track how many meals and people are being served in each location.
- Better understand the needs and situations of the people we serve.
- Help evaluate the effectiveness of our services.
- Help our legislators set priority funding for the Older Americans Act Programs.

As an agency, we also focus on if an individual answers yes to a specific question such as, "Does care recipient have tooth or mouth problems that make it hard to eat?" We can help with a referral to Dental Clinics North and even look at their current Medicare/Medicaid coverage to see if it could be tweaked to provide more dental coverage.

We are committed to protecting all information you disclose on the NAPIS Form and will not share your information with any other entity other than for its intended purpose.

Of course, it is your right not to complete the NAPIS form, but by doing so you forfeit the \$3.00 donation per meal and will need to pay the \$8.00 charge.

Our Nutritional program is growing as our aging population in Charlevoix County is growing. Help us keep this good thing going and our costs low for everyone. Please also pay attention to what is included in your meal and if you get extra, please make sure it is noted on your sign in.

We look forward to sharing a meal, some fun and some great conversation with you!

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, Health Care Services Coordinator
 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

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 8a-4p
 Krista Goldsmith, Site Coordinator
 Kathy, 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

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



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 October 2024—Krista @ 231-582-6682

Monday	Tuesday	Wednesday	Thursday	Friday
The BASC is OPEN FULL TIME 8a-4p Mon—Fri with activities all day long! Exercise Room open all day everyday M-F.	1. 9a Line Dancing, 10am Mindful Meditation, 12:30p BINGO, 1:30p Tai Chi for Diabetes, 2p Cards/Table Games Foot Clinic	2. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Creative Craft Time, 10a-11a National Coffee w/A Cop Day with BCPD, 12:30p BINGO, 1p Fall Simmer Pot Activity, 2p Cards/Table Games	3. 9a Line Dancing, 10am Mindful Meditation, 10:30a Audible Book Club in the Conference Room, 12:30p BINGO, 1p Spooky Movie & Snack “Death Becomes Her”, 2p Cards/Table Games	4. OCTOBERFEST, 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10am Mindful Meditation, 11a Rootbeer Ring Toss w/ Prizes, 11:30a Music by \$1 in a Juke Box, 11:45a Pretzel Toss w/Prizes, 12:30p Card BINGO, 1:30p Chair Yoga, 2p Cards & Games
7. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Mindful Meditation, 11a Autumn Beverage Bar, 12:30p BINGO, 1p Dennis Amesbury “Fire Safety Awareness”, 2p Cards/Table Games	8. 9a Line Dancing, 10am Mindful Meditation, 11a Hand Massages by Shawna, 11a Drop N’ Shop, 12:30p BINGO, 1:30p Tai Chi for Diabetes, 2p Cards/Table Games	9. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Creative Craft Time, 11a Music by Lucky Stars, 12:30p BINGO, 1p Fall Craft w/ Boyne Arts Center, 2p Cards/Table Games	10. 9a Line Dancing, 10am Mindful Meditation, 10:30a Audible Book Club in the Conference Room, 11:30a Blood Pressure Checks, 12:30p BINGO, 1p Spooky Movie & Snack “Ghostbusters”, 2p Cards/Table Games Foot Clinic	11. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10am Mindful Meditation, 11a Music by Vintage, 12:30p Card BINGO, 1:30p Chair Yoga, 2p Cards & Games
14. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Mindful Meditation, 11a Autumn Beverage Bar, 12:30p BINGO, 1p Manicures w/Autumn, 2p Cards/Table Games	15. 9a Line Dancing, 10am Mindful Meditation, 11a Music by Michigan Sands, 11a-1p Fall Photo Shoot w/ Kim Culver Photography, 12:30p BINGO, 2p Cards/Table Games	16. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Creative Craft Time, 11a Pumpkin Tic Tac Toe w/ Prizes, 12:30p BINGO, 1p Homemade & Healthy Class, 2p Cards/Table Games	17. 9a Line Dancing, 10am Mindful Meditation, 10:30a Audible Book Club in the Conference Room, 12:30p BINGO, 1p Spooky Movie & Snack “Casper”, 2p Cards/Table Games	18. Celebration Day! SWEETEST DAY! 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10am Mindful Meditation, 11a Sweetheart Soiree, 11a Music by OJ, 11:30a Cover the World in Kindness Activity, 12p Mr. & Mrs. Sweetest Contest, 12:30p Card BINGO, 1:30p Chair Yoga, 2p Cards & Games
21. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Mindful Meditation, 11a Autumn Beverage Bar, 12:30p BINGO, 1p—4p Dale Boehm Medicare Enrollment, 2p Cards/Table Games	22. 9:30a Veterans Social, 10am Mindful Meditation, 11a Drop N’ Shop, 12:30p BINGO, 1p Mummy Jar Lantern Craft, 2p Cards/Table Games, Foot Clinic	23. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Creative Craft Time, 11a Music by Lucky Stars, 12:30p BINGO, 1p Pumpkin Floral Arrangement Class, 2p Cards/Table Games	24. 9a Line Dancing, 10am Mindful Meditation, 10:30a Audible Book Club in the Conference Room, 12:30p BINGO, 1p Spooky Movie & Snack “The Addams Family”, 2p Cards/Table Games	25. SNOWBIRDS FAREWELL! 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10am Mindful Meditation, 11a Music by Vintage, 11a Snowbird Farewell Activity, 11:30a Keep in Touch Presentation, 12:30p Card BINGO, 1:30p Chair Yoga, 2p Cards & Games
28. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Mindful Meditation, 11a Autumn Beverage Bar, 12:30p BINGO, 1p Pumpkin Painting Class, 2p Cards/Table Games	29. 9a Line Dancing, 10am Mindful Meditation, 11a Music by Michigan Sands, 11:30a Caramel Apple Dessert Bar, 12:30p BINGO, 1p Stroke Awareness Presentation	30. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Creative Craft Time, 11a Poke A Pumpkin Drawing & Giveaways, 12:30p BINGO, 1p Boo Basket Activity, 2p Cards/Table Games	31. HALLOWEEN 9a Line Dancing, 10am Mindful Meditation, 10:30a Audible Book Club in the Conference Room, 11:30a Blood Pressure Checks, 11a Spooky Mocktail Hour, 11a Pumpkin Bowling w/ prizes, 11:45a Mummy Race w/ Prizes, 12p Costume Contest w/ Prizes, 12:30p BINGO, 1p Spooky Movie & Snack “Hocus Pocus”, Foot Clinic	Boyne Area Center 411 East Division St, Boyne City

East Jordan Activity Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
East Jordan Center 951 Mill St., East Jordan Mon—Fri Open Gym Walking 9a-1p. Exercise Room open all day	1. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre	2. 9:30a Coffee Hour, 12p Healthy Holidays Presentation, 12:30p Card Bingo	3. 9a Hair Cuts \$\$\$, Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10:30a Cardio Drumming, 12:30p Texas Hold-em or Cards	4. Celebration Day Ice Cream Social, 10a AVON, 10:30a Chair Exercise, 11:30a Music Barry Loper, 12:30p Card BINGO, 50/50 Drawing
7. 9:30a Coffee Hour, 10a Sewing Repairs, 12p Mexican Poker, 12:30p Pool Table	8. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre Foot Clinic	9. 9:30a Coffee Hour, 12:30p Card Bingo	10. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10a EJSC Advisory Board, 10:30a Cardio Drumming, 11:30a Chamber Chat, 12:30p Texas Hold-em or Cards	11. 10:30a Chair Exercise, 11:30a Music OJ Adkins, 12:30p Card BINGO, 50/50 Drawing
14. 9:30a Coffee Hour, 10a Sewing Repairs, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	15. Open Pickleball 9a– 11a, 9:30a Veterans Social, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre	16. 9:30a Coffee Hour, 12:30p Card Bingo	17. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10:30a Cardio Drumming, 11:30a BP Clinic, 12:30p Texas Hold-em or Cards Foot Clinic	18. Sweetest Day Party! 10:30a Chair Exercise, 11:30a Music \$1 in a Juke Box, 12:30p Card BINGO, 50/50 Drawing
21. 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	22. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre	23. 9:30a Coffee Hour, 12:30p Card Bingo	24. Open Pickleball 9a– 11a, 9:30a Coffee Hour, Hand Massages, 10:30a Cardio Drumming, 12:30p Texas Hold-em or Cards Foot Clinic	25. 10:30a Chair Exercise, 11:30a Music 2 Beats, 12:30p Card BINGO, 50/50 Drawing
28. 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	29. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre Foot Clinic	30. 9:30a Coffee Hour, 12:30p Card Bingo	31. Halloween Costume Party! Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10:30a Cardio Drumming, Deb & Rob Music, 12:30p Texas Hold-em or Cards,	ACTIVITIES ARE SUBJECT TO CHANGE

ALL Charlevoix County Senior Center Menus

All Senior Center Locations Menu October 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
Alternative Meal for Week: <i>Tuna Pasta Salad</i>	1. Homemade Cookies Day Mushroom Swiss Burger on Bun, Tater Tots, Vegetable Medley, Fruit	2. Marinated Teriyaki Pork Chop , Sliced Pineapple, Scalloped Potatoes, Mixed Vegetable, Vegetable Soup, Fruit	3. Look at Leaves Day Pepper Steak w/ Colored Peppers & Onions, Seasoned Rice, Fruit	4. Octoberfest Lunch Chicken Schnitzel & Gravy, Mashed Potatoes, Red Cabbage, Fruit, Soup Du Jour
7. Ham & Cheese Biscuit Sliders, Rosemary Potatoes, Mixed Vegetable, Honey Pack, Fruit, Soup Du Jour Alternative Meal for Week: <i>Roast Beef Wrap</i>	8. Taco Tuesday Taco Kit—Seasoned Ground Beef, Lettuce & Tomato, Flour Tortilla, Mexican Rice, Roasted Corn, Fruit	9. Beer & Pizza Day Roasted Turkey, Stuffing, Mashed Potatoes & Gravy, Garden Vegetable, Vegetable Soup, Fruit	10. Handbag Day Beef Stew, Diced Beef & Stew Vegetables, Garlic Cheese Biscuit, Fruit	11. It's My Party Day Cooks Choice, Potato, Vegetable, Fruit, Soup Du Jour,
14. Breaded Chicken Strips, Curley Fries, Green Beans, Ranch Cup, Fruit, Soup Du Jour Alternative Meal for Week: <i>Shrimp Pasta Salad</i>	15. Grouch Day Ham & Cheese Stromboli, Pasta Marinara, Fresh Vegetable, Fruit	16. Bosses Day Sweet & Sour Pork & Vegetables over Rice, Egg Roll, Fruit, Vegetable Soup	17. Pasta Day Chicken Alfredo, Fettuccini Pasta, Steamed Broccoli, Fruit	18. Sweetest Day Lunch Mom's Meatloaf, Mashed Potatoes & Gravy, Vegetable Medley, Soup Du Jour, Fruit, Special Dessert
21. Sloopy Joe w/Cheese, Bun, Ranch Wedge Fries, Mixed Vegetables, Fruit, Soup Du Jour Alternative Meal for Week: <i>Egg Salad & Sliced Tomatoes</i>	22. Smart is Cool Day Chicken Lasagna, Garlic Bread, Steamed Broccoli, Fruit	23. Croc Day Lemon Pepper Cod, Seasoned Rice, Vegetable Medley, Fruit, Vegetable Soup	24. Bologna Day Ham Carbonara, Diced Ham, Green Peas, Alfredo Sauce, Pasta, Fruit	25. BBQ Chicken Thighs , Scalloped Potatoes, Garden Vegetable, Fruit, Soup Du Jour
28. Open Faced Turkey Rueben, Sauerkraut & Swiss, Tater Tots, Garden Vegetable, Fruit Alternative Meal for Week: <i>Chicken Salad Croissant</i>	29. Internet Day Thai Peanut Chicken, Shredded Chicken & Onion, Seasoned Rice, Asian Style Vegetables, Fruit	30. Candy Corn Day Roasted Pork Loin, Mashed Potatoes & Gravy, Mixed Vegetables, Fruit, Vegetable Soup	31. Halloween Celebration Cheesy Beef GOUL-lash, Bat Pasta & Cobweb Garlic Bread, Graveyard Fresh Vegetables, Spooktacular Desert	ALL MEALS INCLUDE MILK, BREAD & BUTTER, 2 VEGGIES & A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE Soups: Monday, Wednesday & Friday

Charlevoix Activity Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
Charlevoix Center 13513 Division Ave, Charlevoix Activities are subject to change	1. 8-9a Safe Haven Free Breakfast Club , 8:30a 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 , 1p Mahjong , 1:30 Advanced Pickleball , 4p Yoga	2. 8:30a Coffee Talk, Walkers, 12:30p Bridge, 12:30p Cardio Drumming , 1p Games/Puzzles/Euchre , 1:30p Beginners/Intermediate Pickleball	3. 8:30a Coffee Talk, Walkers, 10a Bone Builders-Rec Room , 11:30a Blood Pressure Clinic , 1p Games/Puzzles/Euchre , 1:30p Open Pickleball , 1p Matinee @ Cinema Foot Clinic	4. 8-9a Safe Haven Free Breakfast Club , 8:30a Coffee Talk, Walkers, 10a Crafts , 12:30p Cardio Drumming , 1p Games/Puzzles/Euchre , 1:30p Open Pickleball
7. 8:30a Coffee Talk, Walkers, 9a-11a Advanced Pickleball , 12:30p Cardio Drumming , 1p Games/Puzzles/Euchre , 1:30p Beginners/Intermediate Pickleball	8. 8-9a Safe Haven Free Breakfast Club , 8:30a Coffee Talk, Walkers, 10a Bone Builders-Rec Room , 10a Line Dancing , 12:30p COA Movie Day w / Popcorn, 12:30p Mahjong , 1p Games/Puzzles/Euchre , 1:30 Advanced Pickleball , 4p Yoga	9. 8:30a Coffee Talk, Walkers, 12:30p Bridge , 12:30p Cardio Drumming , 12:30p Healthy Holidays Presentation-By Jane Sherry , 1p Games/Puzzles/Euchre , 1:30p Beginners/Intermediate Pickleball	10. 8:30a Coffee Talk, Walkers, 9a Yoga , 10a Bone Builders-Rec Room , 10:15a Chair Yoga , 1p Games/Puzzles/Euchre , 1:30p Open Pickleball , 1p Matinee @ Cinema	11. 8-9a Safe Haven Free Breakfast Club , 8:30a Coffee Talk, Walkers, 10a Crafts , 12:30p Cardio Drumming , 1p Games/Puzzles/Euchre , 1:30p Open Pickleball
14. 8:30a Coffee Talk, Walkers, 9a-11a Advanced Pickleball , 12:30p Cardio Drumming , 1p Games/Puzzles/Euchre , 1:30p Beginners/Intermediate Pickleball	15. 8-9a Safe Haven Free Breakfast Club , 8:30a Coffee Talk, Walkers, 10a Bone Builders-Rec Room , 10a Line Dancing , 12:30p COA Movie Day w / Popcorn, 12:30p Mahjong , 1p Games/Puzzles/Euchre , 1:30 Advanced Pickleball , 4p Yoga , Foot Clinic	16. 8:30a Coffee Talk, Walkers, 11a Hand Massages w/ Shawna , 12:30p Cardio Drumming , 1p Games/Puzzles/Euchre , 1:30p Beginners/Intermediate Pickleball	17. 8:30a Coffee Talk, Walkers, 9a Yoga , 10a Bone Builders-Rec Room , 10:15a Chair Yoga , 1p Games/Puzzles/Euchre , 1:30p Open Pickleball , 1p Matinee @ Cinema	18. Celebration Day Ice Cream Social , 8-9a Safe Haven Free Breakfast Club , 8:30a Coffee Talk, Walkers, 10a Crafts , 12:30p Meet Cute Social , 12:30p Cardio Drumming , 1p Games/Puzzles/Euchre , 1:30p Open Pickleball
21. 8:30a Coffee Talk, Walkers, 9a-11a Advanced Pickleball , 12:30p Cardio Drumming , 1p Games/Puzzles/Euchre 1:30p Beginners/Intermediate Pickleball	22. 8-9a Safe Haven Free Breakfast Club , 8:30a Coffee Talk, Walkers, 10a Bone Builders-Rec Room , 10a Line Dancing , 12:30p COA Movie Day w / Popcorn, 12:30p Mahjong , 1p Games/Puzzles/Euchre , 1:30 Advanced Pickleball , 4p Yoga	23. 8:30a Coffee Talk, Walkers, 10a Caregiver Well-Being Seminar , 12:30p Bridge , 12:30p Cardio Drumming , 1p Games/Puzzles/Euchre/Open Pool , 1:30p Beginners/Intermediate Pickleball	24. 8:30a Coffee Talk, Walkers, 9a Yoga , 10a Bone Builders-Rec Room , 10:15a Chair Yoga , 11:30a Blood Pressure Checks , 1p Games/Puzzles/Euchre/1:30p Advanced Pickleball , 1p Matinee @ Cinema , Foot Clinic	25. 8-9a Safe Haven Free Breakfast Club , 8:30a Coffee Talk, Walkers, 10a Crafts , 12:30p Cardio Drumming , 1p Games/Puzzles/Euchre , 1:30p Open Pickleball
28. 8:30a Coffee Talk, Walkers, 9a-11a Advanced Pickleball , 12:30p Cardio Drumming , 1p Games/Puzzles/Euchre 1:30p Beginners/Intermediate Pickleball	29. 8-9a Safe Haven Free Breakfast Club , 8:30a Coffee Talk, Walkers, 10a Bone Builders-Rec Room , 10a Line Dancing , 12:30p COA Movie Day w / Popcorn, 12:30p Mahjong , 1p Games/Puzzles/Euchre , 1:30 Advanced Pickleball , 4p Yoga	30. 8:30a Coffee Talk, Walkers, 12:30p Bridge , 12:30p Cardio Drumming , 1p Games/Puzzles/Euchre/Open Pool , 1:30p Beginners/Intermediate Pickleball	31. HALLOWEEN 8:30a Coffee Talk, Walkers, 9a Yoga , 10a Bone Builders - Rec Room , 10:15a Chair Yoga , 12p Costume Contest & Spooky Activities , 1p Games/Puzzles/Euchre/1:30p Advanced Pickleball	Renovations have begun! The Foot Clinic has been moved to a temporary room. This is an exciting time and we apologize for any inconvenience.

2024-25 SENIOR RESIDENTIAL SNOW REMOVAL PROGRAM

This program provides limited support for Snow Removal through an income qualifying voucher system only for seniors, 60 years of age and older, who are full-time Charlevoix County residents/homeowners.

VOUCHERS: Each Voucher holds a value of \$40.00. The number of vouchers issued to the household is dependent upon the 2024 Federal Poverty Guidelines (See Boxed Information Below). Proof (i.e. latest Income Tax Reporting Form 1040 or 1040A) of total household income is required. Once the COA receives a completed Snow Removal Self Declaration Form, proof of residency, and proof of income, vouchers will be mailed to the qualified participating senior household.

ENROLLMENT: Enrollment begins Monday, October 14, 2024 & ends on Friday, December 31, 2024 or until the budget has been expended.

Program Rules:

Program starts November 1, 2024 and ends March 31, 2025.

Participating contractors will be required to complete a W9 before payment of services unless the County already has one on file.*

Seniors 60 years or older who are full-time Charlevoix County residents/homeowners must complete the Snow Removal Self Declaration Form, return it to the Charlevoix County COA along with the latest Income Tax Reporting Form 1040 or 1040A as proof of total household income and proof of residency in the form of a copy of property taxes or rental agreement. Verbal agreements are not valid.

Number of vouchers awarded will be dependent upon the 2024 Federal Poverty Guidelines and the Commission on Aging's Sliding Voucher Scale.

Any lost, stolen or misplaced vouchers are the sole responsibility of the participating senior household and there will NOT be any replacement vouchers issued by the Charlevoix County Commission on Aging. Persons knowingly providing false information related to total household income or residency will have services discontinued and will be requested to repay COA for monies spent on their services.

Safe Haven Sponsored Breakfast Club Menu October 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>1. 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>4. 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. Hot Breakfast: French Toast, Sausage Patty, Scrambled Eggs, served with Hashbrowns</p> <p><i>All Breakfasts include Yogurt & Orange Juice</i></p>	<p>11. 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. Hot Breakfast: Biscuits with Sausage & Gravy, 1 Oven Baked Egg, Warm Applesauce</p> <p><i>All Breakfasts include Yogurt & Orange Juice</i></p>	<p>18. 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. Hot Breakfast: Breakfast Casserole: Eggs, Cheese, Sausage, Potatoes, Peppers & Onions</p> <p><i>All Breakfasts include Yogurt & Orange Juice</i></p>	<p>25. 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. 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>	

Just for fun

FALL WORD SEARCH

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

- | | | | | |
|-----------|-----------|---------|--------------|-----------|
| ACORN | APPLES | AUTUMN | CANDY | CIDER |
| FOOTBALL | HALLOWEEN | HARVEST | HAYRIDE | LEAVES |
| NOVEMBER | OCTOBER | PUMPKIN | RAKE | SCARECROW |
| SEPTEMBER | SUNFLOWER | SWEATER | THANKSGIVING | TURKEY |

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

The Charlevoix County COA Advisory Board will be coming to Beaver Island on Friday, October 4, 2024 for their meeting.

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 School Only right now. 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.