

December 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 way you spend Christmas is far more important than how much." ~ Henry David Thoreau

Director's CORNER



Handling the Holidays after Loss
The signs of the holiday season are ubiquitous: Holiday decorations in the stores, piped in Christmas carols, holiday displays at the malls, TV programs focusing on selecting the perfect gift, holiday parties and gift exchanges at work. In many cases, this bustle of activity contrasts markedly with the emptiness and despair of grief. Grief is healthy, and necessary. Grieving means we acknowledge the loss, but it doesn't mean those of us left behind can stop living until it's over. In fact, it can be viewed as a time to start new traditions, while honoring the old ones. Dilemmas Associated with the Holiday Season:
1. The Requirement of Cheerfulness. There is an expectation during the holidays that people should be cheerful.
One mourner explained that she hated going to holiday gatherings. "I could not be cheerful and I did not want to bring other people down by being sad."
2. The Mine Field of Social Exchanges. On many occasions, the innocent remarks of others may put a knife through the mourner's heart.
Shortly after the death of their son, the parents attended a holiday dinner hosted by the boy's grandparents. The host began the meal with a blessing, "Thank you for bringing the whole family together." The father was so distressed by this remark that he left the table.
3. The Complexity of Decisions. Bereaved individuals must navigate a difficult path in deciding how to handle decisions about family activities and rituals. As one mourner indicated,

"I was not sure whether I should hang my son's stocking or not. I decided to hang it, because after all he is my son. But my husband thought that this was not a good idea. He told me that I was 'in denial.'
4. The Ambush. During the holidays, mourners are often hit by powerful feelings that are evoked by some reminder of the loss. Consequently, they experience what Noel and Blair (2000) have called "the ambush." As one mother explained, I was taking out the Christmas ornaments and I came across an ornament that Timmy had made in kindergarten last year. It had his hand print on it. I dissolved into tears."
Although natural and normal, such experiences are often frightening in their intensity. There's no right way to cope with such a loss. Some choose to skip the holidays, which is difficult because we're surrounded by holiday music, messages and events. Others try to celebrate just as if their loved one is still there, which can make the person's absence even more painful. It's important to know there are local, professional resources that are capable of helping you during a painful time. Even though you didn't choose the circumstances that are leading you to grieve, you have a choice in how you respond to your grief. We look forward to sharing a meal, and being a resource for 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
Kimberly Langerman, 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!

Visit our Website: 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

Boyerne 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
Boyerne 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

Boyerne Area Chamber
(231) 582-6222
115 S. Lake St., Suite A,
Boyerne City, MI 49712
boyernechamber.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

DECEMBER 2024 NOTABLE DATES

- 1 Eat a Red Apple Day
- 2 Cyber Monday
- 3 Giving Tuesday
- 4 Cookie Day
- 5 Bathtub Party Day
- 6 Mitten Tree Day
- 7 Pearl Harbor Remembrance Day
- 8 Brownie Day
- 9 Christmas Card Day
- 10 Candle Lighting Day
- 11 White Elephant Day
- 12 Gingerbread House Day
- 13 Cocoa Day
- 14 Roast Chestnuts Day
- 15 Cupcake Day
- 16 Chocolate Covered Anything Day
- 17 Maple Syrup Day
- 18 Bake Cookies Day
- 19 Regifting Day
- 20 Go Caroling Day
- 21 Winter Begins
- 22 Cookie Exchange Day
- 23 Gather with Friends Day
- 24 Christmas Eve
- 25 Christmas Day
- 26 Candy Cane Day
- 27 Fruitcake Day
- 28 Card Playing Day
- 29 Tick Tock Day
- 30 No Interruptions Day
- 31 New Year's Eve

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.



Boyerne Area Activity Calendar

Boyerne Area Senior Center Activities for December 2024—Krista @ 231-582-6682

Monday	Tuesday	Wednesday	Thursday	Friday
2. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Mindful Meditation, 10:45a Santa's Elves Meeting, 11a Hot Chocolate Bar, 12:30p BINGO, 1p Tin Can Snowman Hat Craft, 2p Cards/Table Games	3. 9a Line Dancing, 10am Mindful Meditation, 11a Drop N' Shop, 12:30p BINGO, 1p Christmas Card Swap Party, 2p Cards/Table Games, Foot Clinic	4. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10am Mindful Meditation, 11:30a Christmas Trivia w/Prizes, 12:30p BINGO, 1p Window Painting Activity, 2p Cards/Table Games	5. 9a Line Dancing, 10am Mindful Meditation, 11a Christmas Coloring, 12:30p BINGO, 1p Movie "Polar Express" & Snack Provided by Alpine Chocolate Haus—call center to sign up, 2p Cards/Table Games	6. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10am Mindful Meditation, 11a Secret Santa Drawings, 11:30a Music by \$1 in a Juke Box, 12:30p Card BINGO, 1p Wreath Making Workshop, 2p Cards & Games
9. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Mindful Meditation, 11a Hot Chocolate Bar, 11:30a Live Music by Paul Ferris, 11:30a Senior Hair Cuts by Nicole—call center to sign up, 12:30p BINGO, 1p Manicures w/ Nicole, 2p Cards/Table Games	10. 9:30a Veterans Social & Lunch, 10am Mindful Meditation, 11a Hand Massages by Shauna, 12:30p BINGO, 1p Ornament Extravaganza workshop w/ The Boyne Arts Center, 2p Cards/Table Games	11. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10am Mindful Meditation, 11a Music by Gaeyle Gerrie-Boss of The Boyne Arts Center, 12:30p BINGO, 1p Christmas Cookie Decorating Class, 2p Cards/Table Games	12. 9a Line Dancing, 10am Mindful Meditation, 11a Christmas Crosswords, 12:30p BINGO, 1p Movie "It's a Wonderful Life" & Snack Provided by Kilwin's of BC—call center to sign up, 2p Cards/Table Games, Foot Clinic	13. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10am Mindful Meditation, 11a Music by Vintage, 12:30p Card BINGO, 1p Christmas Karaoke Party, 2p Cards & Games
16. Dress Like the Present You Are! 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Mindful Meditation, 11a Hot Chocolate Bar, 11a Fix Frosty Game w/Prizes, 12:30p BINGO, 1p Gift Wrapping Party, 2p Cards/Table Games	17. Holiday Jammie Day! 9a Line Dancing, 10a Mindful Meditation, 11a Drop N' Shop, 12:30p BINGO, 1p Ginger Bread House Decorating Activity, 2p Cards/Table Games	18. Holiday Glitz & Glam Day! 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10am Mindful Meditation, 10a Mobile Secretary of State, 11a Music by Lucky Stars, 12:30p BINGO, 1p Birdseed Ornament Craft, 2p Cards/Table Games	19. Dress Like your Favorite Holiday Character! 9a Line Dancing, 10am Mindful Meditation, 11a Pin the Nose on Rudolph w/ Prizes, 11a Blood Pressure Clinic, 12:30p BINGO, 1p Movie "The Christmas Story" & Snack Provided by Subway of BC—call center to sign up, 2p Cards/Table Games	20. Celebration Day! Christmas Party, Ugly Sweater Day! 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10am Mindful Meditation, 11a Jingle Bell Rock Game w/Prizes, 11a Music by OJ, 12p Dashing thru the Snow game w/prizes, 12:30p Card BINGO, 2p Cards & Games, Foot Clinic
23. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Mindful Meditation, 11a Hot Chocolate Bar, 11:30a Live Music by Paul Ferris, 12:30p BINGO, 1p Board Game Holiday Social, 2p Cards/Table Games	24. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED!	25. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED!	26. 9a Line Dancing, 10am Mindful Meditation, 12:30p BINGO, 1p Movie "The Age of Adeline" & Popcorn, 2p Cards/Table Games	27. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10am Mindful Meditation, 11a Music by Vintage, 12:30p Card BINGO, 1p New Years Resolution Activity, 2p Cards & Games
30. Count Down to Noon! 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Mindful Meditation, 11a Live Music by Michigan Sands, 11a Favorite Memories of 2024 Activity, 11:45a Toasts for the New Year, 12p Auld Lang Syne Celebration, 1p BINGO, 2p Cards/Table Games	31. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED!		The BASC is OPEN FULL TIME 8a-4p Mon—Fri with activities all day long! Exercise Room open all day everyday M-F.	Boyerne Area Center 411 East Division St, Boyerne City

East Jordan Activity Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
2. 9:30a Coffee Hour, 10a Sewing Repairs, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	3. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre	4. 9:30a Coffee Hour, 10:30a Nail Painting w/Bonnie, 12:30p Card Bingo	5. Hair Cuts \$\$\$, Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10:30a Cardio Drumming, 11:30a BP Clinic, 12:30p Texas Hold-em or Cards	6. Celebration Day Ice Cream Social 10a Avon, 10:30a Chair Exercise, 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. 9:30a Coffee Hour, 10:30a Nail Painting w/Bonnie, 10:45a Tech w/ Dawn, 12:30p Card Bingo	12. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10a EJSC Advisory Board, 10:30a Cardio Drumming, 11:30a Chamber Chat with Mary, 11:30a BP Clinic, 12:30p Texas Hold-em or Cards	13. Meet Cute Mixer, 10:30a Chair Exercise, 11:30a Music OJ Adkins, 12:30p Card BINGO, 50/50 Drawing
16. 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	17. 10a Veteran Social & Lunch, Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10a Knit & 12:30p Euchre,	18. 9:30a Coffee Hour, 10:30a Nail Painting w/Bonnie, 12:30p Card Bingo	19. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 0:30a Cardio Drumming, Hand Massages with Shauna, 12:30p Texas Hold-em or Cards, Foot Clinic	20. Christmas Celebration! 10:30a Chair Exercise, 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. ALL COA OFFICES & SENIOR CENTERS ARE CLOSED.	25. ALL COA OFFICES & SENIOR CENTERS ARE CLOSED.	26. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10:30a Cardio Drumming, 11:30a BP Clinic, 12:30p Texas Hold-em or Cards	27. 10:30a Chair Exercise, 11:30a Music 2 Beats, 12:30p Card BINGO, 50/50 Drawing
30. COUNT DOWN TO NOON! 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	31. ALL COA OFFICES & SENIOR CENTERS ARE CLOSED.		East Jordan Center 951 Mill St., East Jordan Mon—Fri Open Gym Walking 9a-1:30p. Exercise Room open all day	ACTIVITIES ARE SUBJECT TO CHANGE Frozen Meals are available to take home \$3.00.

ALL Charlevoix County Senior Center Menus

All Senior Center Locations Menu December 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
2. Cauliflower Quinoa Burger, Tater Tots, Garden Vegetable, Fruit, Soup Du Jour Alternative Meal for Week: <i>Italian Sub</i>	3. Giving Tuesday Beef Taco & Rice Casserole topped with Tortilla Chips, Roasted Corn, Fruit	4. National Cookie Day Chicken Alfredo Pasta, Steamed Broccoli, Garlic Bread, Fruit, Vegetable Soup	5. National Bathtub Party Day Ground Sirloin, Onion Gravy, Mashed Potatoes & Gravy, Green Beans, Fruit	6. Mitten Tree Day Smothered Pork Chop, Creamy Mushroom Gravy, Au Gratin Potatoes, Fresh Vegetables, Fruit, Soup Du Jour
9. Bacon Cheeseburger, Smiley Fries, Vegetable Medley, Fruit, Soup Du Jour Alternative Meal for Week: <i>Chef Salad</i>	10. Candle Lighting Day Baked Potato with Cheese, Chicken Chili, Saltine Crackers, Fruit	11. Teriyaki Pork, Breaded Pork & Teriyaki Glaze, Brown Rice, Asian Vegetables, Fruit, Vegetable Soup	12. Gingerbread House Day Mom's Meatloaf, Mashed Potatoes & Gravy, Vegetable Medley, Fruit	13. Vegetable Lasagna, Carrots & Spinach, Garlic Bread, Fruit, Soup Du Jour
16. Dress Like the Present you Are! Chicken Cordon Bleu, Seasoned Rice, Vegetable Medley, Fruit, Soup Du Jour Alternative Meal for Week: <i>Tuna Pasta Salad</i>	17. Holiday Jammie Day Breakfast for Lunch, Breakfast Casserole, Sausage & Potatoes, Green Peppers & Onions, Yogurt Cup, Fruit	18. Holiday Glitz & Glamor Day Maurice Salad, Turkey, Ham, Swiss Cheese, Olives & Gherkin's, Homemade Dressing, Fruit, Vegetable Soup	19. Dress Like Your Favorite Holiday Character Pepperoni Pizza, Baby Carrot Snack, String Cheese, Side of Pasta Salad, Fruit	20. Ugly Sweater Day & Whoville Holiday Lunch Roast Beast (Pork Loin) w/Gravy, Who Hash (Celebration Potatoes), Grinchy Green Beans, Schlotts Knots (Rolls), Soup Du Jour, Fruit, Diffendoofers (Dessert) Bezelnut Splash (Sprite w/ Lime wedge)
23. Chicken Parmesan, Pasta Marinara, Vegetable Medley, Fruit, Soup Du Jour Alternative Meal for Week: <i>Roast Beef Wrap</i>	24. ALL COA Offices and Senior Centers are CLOSED	25. ALL COA Offices and Senior Centers are CLOSED	26. National Candy Cane Day Baked Salmon w/ Hollandaise Sauce, Seasoned Rice, Vegetable Medley, Fruit	27. National Fruitcake Day Cooks Choice, Potato, Vegetable, Fruit, Soup Du Jour
30. Countdown to NOON w/ Assorted Appetizers Cheesecake Bites, Fruit Alternative Meal for Week: <i>Chicken Caesar Kit</i>	31. ALL COA Offices and Senior Centers are CLOSED	Join us for the 4th Annual Holiday Spirit Week the week of 12/16—12/20 for fun activities and foods.	Soups: Monday, Wednesday & Friday	ALL MEALS INCLUDE MILK, BREAD & BUTTER, 2 VEGGIES & A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE

Charlevoix Activity Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
2. 8:30a Coffee Talk, Walkers, 9a-11a Advance Pickleball , 12:30p Cardio Drumming , 1p Games/Puzzles/Euchre , 1:30p Beginners/Intermediate Pickleball	3. 8-9a Safe Haven Free Breakfast Club , 8:30a Coffee Talk, Walkers, 10a Line Dancing , 12:30p Veteran's Day & Free Lunch , 12:30p COA Movie "Holiday Island" w/Popcorn, 12:30p Mahjong , 1p Games/Puzzles/Euchre , 1:30 Advanced Pickleball , 4p Yoga	4. 8:30a Coffee Talk, Walkers, 12:30p Bridge , 12:30p Cardio Drumming , 1p Games/Puzzles/Euchre , 1:30p Beginners/Intermediate Pickleball	5. 8:30a Coffee Talk, Walkers, 9a Yoga , 9:30a Tai Chi, 10:15a Chair Yoga , 1p Games/Puzzles/Euchre , 1:30p Open Pickleball , See Schedule Matinee @ Cinema, Foot Clinic	6. 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
9. 8:30a Coffee Talk, Walkers, 9a-11a Advance Pickleball , 12:30p Cardio Drumming , 1p Games/Puzzles/Euchre , 1:30p Beginners/Intermediate Pickleball , Foot Clinic	10. 8-9a Safe Haven Free Breakfast Club , 8:30a Coffee Talk, Walkers, 10a Line Dancing , 12:30p COA Movie "Home Alone One" w/Popcorn, 12:30p Mahjong , 1p Games/Puzzles/Euchre , 1:30 Advanced Pickleball , 4p Yoga	11. 8:30a Coffee Talk, Walkers, 12:30p Bridge , 12:30p Cardio Drumming , 1p Games/Puzzles/Euchre , 1:30p Beginners/Intermediate Pickleball	12. 8:30a Coffee Talk, Walkers, 9a Yoga , 9:30a Tai Chi, 10:15a Chair Yoga , 11:30a Blood Pressure Checks , 1p Games/Puzzles/Euchre , 1:30p Open Pickleball , See Schedule Matinee @ Cinema	13. Celebration Day Ice Cream Social , 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
16. 8:30a Coffee Talk, Walkers, 9a-11a Advance Pickleball , 12:30p Cardio Drumming , 1p Games/Puzzles/Euchre , 1:30p Beginners/Intermediate Pickleball	17. 8-9a Safe Haven Free Breakfast Club , 8:30a Coffee Talk, Walkers, 10a Line Dancing , 12:30p COA Movie "The Santa Clause" w/Popcorn, 12:30p Mahjong , 1p Games/Puzzles/Euchre , 1:30 Advanced Pickleball , 4p Yoga , Foot Clinic	18. 8:30a Coffee Talk, Walkers, 11a Hand Massages by Shawna , 11:45a High Kids/Games/ Cookies, 12:30p Cardio Drumming , 1p Games/Puzzles/Euchre , 1:30p Beginners/Intermediate Pickleball	19. 8:30a Coffee Talk, Walkers, 9a Yoga , 9:30a Tai Chi, 10:15a Chair Yoga , 1p Games/Puzzles/Euchre , 1:30p Open Pickleball , See Schedule Matinee @ Cinema	20. Christmas Celebration! 8-9a Safe Haven Free Breakfast Club , 8:30a Coffee Talk, Walkers, 10a Crafts , 11:30a Geezer Band , 12:30p Cardio Drumming , 1p Games/Puzzles/Euchre , 1:30p Open Pickleball
23. 8:30a Coffee Talk, Walkers, 9a-11a Advanced Pickleball , 12:30p Cardio Drumming , 1p Games/Puzzles/Euchre 1:30p Beginners/Intermediate Pickleball	24. ALL COA OFFICES & SENIOR CENTERS ARE CLOSED.	25. ALL COA OFFICES & SENIOR CENTERS ARE CLOSED.	26. 8:30a Coffee Talk, Walkers, 9a Yoga , 9:30a Tai Chi, 10:15a Chair Yoga , 1p Games/Puzzles/Euchre / 1:30p Advanced Pickleball , See Schedule Matinee @ Cinema	27. 8-9a Safe Haven Free Breakfast Club , 8:30a Coffee Talk, Walkers, Cardio Drumming , 1p Games/Puzzles/Euchre , 1:30p Open Pickleball
30. 8:30a Coffee Talk, Walkers, 9a-11a Advanced Pickleball , 12:30p Cardio Drumming , 1p Games/Puzzles/Euchre 1:30p Beginners/Intermediate Pickleball	31. ALL COA OFFICES & SENIOR CENTERS ARE CLOSED.		Charlevoix Center 13513 Division Ave, Charlevoix Activities are subject to change	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 December 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>3. Hot Breakfast: French Toast, Sausage Patty, Scrambled Eggs, served with Hashbrowns</p> <p><i>All Breakfasts include Yogurt & Orange Juice</i></p>
<p>10. Hot Breakfast: Biscuits, Sausage & Gravy, 1 Oven Baked Egg, Warm Applesauce</p> <p><i>All Breakfasts include Yogurt & Orange Juice</i></p>
<p>17. 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>24. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED.</p>
<p>31. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED.</p>

<p>6. 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 & OJ</i></p>
<p>13. 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 & OJ</i></p>
<p>20. 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, OJ</i></p>
<p>27. 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, OJ</i></p>

Just for fun



Christmas Word Search

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

SANTA
CHRISTMAS
COOKIES
MILK
ELF
SNOW

BLITZEN
DANCER
DASHER
SLEIGH
REINDEER
RUDOLPH

CUPID
VIXEN
DONNER
PRANCER
COMET



thismamaslife.com

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

Beaver Island Wellness Check Program
The Charlevoix County Commission on Aging and the Charlevoix County Sheriff's Department are collaborating their efforts on Beaver Island with respect to the safety and wellness of our Seniors on Beaver Island. The COA has created a program with the Sheriff's Department that will provide free, periodic wellness checks for aging residents of Beaver Island, aged sixty (60) and older due to the limited resources on the island.

Voucher Meal Program
Available at The School Only right now. We hope monthly special meals will restart in December along with other options for vouchers.

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. Vouchers expire on 9/31/25. There is NO reimbursement for any unused, lost or stolen vouchers.