

January 2025

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!



New beginnings bloom in January's peace, guiding us to brighter days.

Area happenings

For more information:

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

Boyer 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

JANUARY 2025 NOTABLE DATES

- 1 *New Year's Day*
- 2 *Motivation & Inspiration Day*
- 3 *Fruitcake Toss Day*
- 4 *Trivia Day*
- 5 *Whipped Cream Day*
- 6 *Take Down the Christmas Tree Day*
- 7 *Bobblehead Day*
- 8 *Bubble Bath Day*
- 9 *Do Something Nice for Someone Day*
- 10 *Peculiar People Day*
- 11 *Thank You Day*
- 12 *Sunday Supper Day*
- 13 *Clean Off Your Desk Day*
- 14 *Shop for Travel Day*
- 15 *Bagel Day*
- 16 *Do Nothing Day*
- 17 *Ditch New Year's Resolutions Day*
- 18 *Use Your Gift Card Day*
- 19 *Popcorn Day*
- 20 *Cheese Lovers Day*
- 21 *Hug Your Puppy Day*
- 22 *Polka Dot Day*
- 23 *Clashing Clothes Day*
- 24 *Compliment Day*
- 25 *Opposite Day*
- 26 *Peanut Brittle Day*
- 27 *Chocolate Cake Day*
- 28 *Plan for a Vacation Day*
- 29 *Carnation Day*
- 30 *Croissant Day*
- 31 *Fun at Work 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



Northern Michigan winters are a challenge for everyone but especially our aging adults.

Slippery sidewalks and driveways in addition to the cold weather can cause a wide range of injuries and illnesses. Here are some tips to get you through the next few months.

Falls are a daily challenge for some of our aging adults and in the winter time these fall chances increase dramatically.

Avoid slipping on the ice by making sure you wear shoes with good traction and non-skid soles if you have to go out. Be sure to replace a worn cane tip and walker pads too. Remember to take your snowy shoes off as soon as you go inside because as the snow melts it can leave water that becomes a slippery-condition inside.

As cold temperatures can lead to frostbite and hypothermia dress warmly and in layers. Be sure to cover exposed skin with hats, gloves and scarves. You can even use your scarf to cover your outh and protect your lungs from extreme cold.

Wintertime depression is also a concern as we all tend to go out less often, especially our aging adults. This can breed feelings of loneliness and isolation. Though family members can check on their aging family members, aging adults can also arrange a check in system with neighbors and friends where each person looks in on one another daily either in person or by phone.

If you have to go out and are considering driving, understand that your car needs to be as ready as you are. Be sure to get your care serviced before wintertime hits making sure the oil, tires, battery and wipers are in good shape for the

winter roads. Also, make sure you have antifreeze in your washer fluid and check the weather report beforehand to avoid driving in the worst winter conditions.

Our aging adults may not drive as regularly as when they were younger and their reflexes may not be as quick as they once were so be sure to let someone know where you are going and when you will be back if you need to go out and avoid driving when possible by taking public transportation.

If you do come for a Takeout Meal, get 2 hotmeals so that you don't have to go out as often.

We also have a selection of frozen meals for you to choose from if you anticipate a bad week of weather and do not want to go out. These like our other meals are available for a \$3.00 donation for all Charlevoix County Aging Adults 60 years old and older.

The COA is also partnering with Transit to help you order your groceries and get them delivered to your door. Call Charlevoix County Transit for more information on this great service. Transit will also pick up your prescriptions for you too!

Stay Safe, Be Well and remember we are here to support you!

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, Catherine Meintsma, Janet Kalbfell; Board Liaison Josh Chamberlain

Many wonderful Volunteers in all aspects of our services!

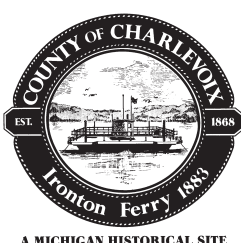
Beaver Island COA Office:
Open M-F 8a-4p*
 Lonnie Allen, BI County Building & COA Site Coordinator
 26466 Donegal Bay Road
 Beaver Island, MI 49782
 231-448-2124

Boyer 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"**



Boyerne Area Activity Calendar

Boyerne Area Senior Center Activities for January 2025 —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.	Boyerne Area Center 411 East Division St, Boyerne City	1. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED!	2. 9a Line Dancing, 10am Mindful Meditation, 11a Participation Panel for Natl Hobby Month, 12:30p BINGO, 1p Complete Organization Master Class Part 1, 2p Cards/Table Games, Foot Clinic	3. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10am Mindful Meditation, 11:30a Music by \$1 in a Juke Box, 12:30p Card BINGO, 1p Open Mic / Karaoke, 2p Cards & Games
6. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Mindful Meditation, 11a Volunteers Monthly Meeting, 11:30a Senior Hair Cuts by Nicole—call center to sign up, 12:30p BINGO, 1p Manicures w/ Nicole, 2p Cards/Table Games	7. 9a Line Dancing, 10am Mindful Meditation, 10am Skippy's List Meeting, 11a Hand Massages by Shauna, 12:30p BINGO, 1p "Ellis Island" Part 1 by Ed May, 2p Cards/Table Games	8. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10am Mindful Meditation, 11a Music by Paul Ferris, 12:30p BINGO, 1p Paper Snowflakes Craft, 2p Cards/Table Games	9. 9a Line Dancing, 10am Mindful Meditation, 11a Winter Crosswords, 12:30p BINGO, 1p Complete Organization Master Class Part 2, 2p Cards/Table Games, Foot Clinic	10. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10am Mindful Meditation, 11a Music by Vintage, 12:30p Card BINGO, 1p Open Mic / Karaoke
13. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Mindful Meditation, 12:30p BINGO, 1p Movie "Hidden Figures" & Popcorn, 2p Cards/Table Games	14. 9a Line Dancing, 10a Mindful Meditation, 12:30p BINGO, 1p "Ellis Island" Part 2 by Ed May, 2p Cards/Table Games, Foot Clinic	15. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10am Mindful Meditation, 11a Wear your Favorite Hat for Natl Hat Day, 11a Music by Lucky Stars, 12:30p BINGO, 1p General Nutrition Presentation by Nutritionist Maria Keiswetter, 2p Cards/Table Games	16. 9a Line Dancing, 10am Mindful Meditation, 12:30p BINGO, 1p Complete Organization Master Class Part 3, 2p Cards/Table Games	17. Celebration Day! 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10am Mindful Meditation, 11a Apres Ski Party 11a Music by OJ, 11:45a Snowman Relay, 12:15p Skier Scramble w/prizes, 12:30p Card BINGO, 1p Open Mic / Karaoke, 2p Cards & Games
20. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED!	21. 9a Line Dancing, 10a Mindful Meditation, 12:30p BINGO, 1p "Ellis Island" Part 3 by Ed May, 2p Cards/Table Games	22. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10am Mindful Meditation, 11:30a Music by Paul Ferris, 12:30p BINGO, 1p Beginners Calligraphy Class, 2p Cards/Table Games	23. 9a Line Dancing, 10am Mindful Meditation, 12:30p BINGO, 1p Complete Organization Master Class Part 4, 2p Cards/Table Games	24. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10am Mindful Meditation, 11a Music by Vintage, 12:30p Card BINGO, 1p Open Mic / Karaoke, 2p Cards & Games
27. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Mindful Meditation, 12:30p BINGO, 1p Detox, Heal & Live Class, 2p Cards/Table Games	28. 9:30a Veteran Social, 10a Mindful Meditation, 12:30p BINGO, 1p "Ellis Island" Part 4 by Ed May, 2p Cards/Table Games	29. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10am Mindful Meditation, 11a Music by Gaeyle Gerrie-Boss of the Boyerne Arts Center, 12:30p BINGO, 1p Yeti BINGO, 2p Cards/Table Games	30. 9a Line Dancing, 10am Mindful Meditation, 12:30p BINGO, 1p Complete Organization Master Class Part 5, 2p Cards/Table Games,	31. Ground Hog Day Lunch, 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10am Mindful Meditation, 11a Music by Michigan Sands, 12:30p Card BINGO, 1p Open Mic / Karaoke, 2p Cards & Games

East Jordan Activity Calendar

East Jordan Senior Center Location Activities for January 2025 — Brenda @ 231-536-7831

Monday	Tuesday	Wednesday	Thursday	Friday
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.	1. ALL COA OFFICES & SENIOR CENTERS ARE CLOSED.	2. Hair Cuts \$\$\$, Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10:30a Cardio Drumming, 12:30p Texas Hold-em or Cards	3. Celebration Day Ice Cream Social 10:30a Chair Exercise, 11:30a Music Barry Loper, 12:30p Card BINGO, 50/50 Drawing
6. 9:30a Coffee Hour, 10a Sewing Repairs, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	7. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre, Foot Clinic	8. 9:30a Coffee Hour, 10:45a Tech w/Dawn, 12:30p Card Bingo	9. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10a EJSC Advisory Board, 10:30a Cardio Drumming, 11:30a Chamber Chat with Mary, 12:30p Texas Hold-em or Cards, Foot Clinic	10. 10:30a Chair Exercise, 11:30a Music OJ Adkins, 12:30p Card BINGO, 50/50 Drawing
13. 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	14. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10a Knit & 12:30p Euchre,	15. 9:30a Coffee Hour, 12:30p Card Bingo	16. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10:30a Cardio Drumming, Hand Massages with Shauna, 12:30p Texas Hold-em or Cards	17. 10:30a Chair Exercise, 11:30a Music \$1 in a Juke Box, 12:30p Card BINGO, 50/50 Drawing
20. ALL COA OFFICES & SENIOR CENTERS ARE CLOSED.	21. 10a Veteran Social & Lunch, Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10a Knit & 12:30p Euchre, Foot Clinic	22. 9:30a Coffee Hour, 12:30p Card Bingo	23. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10:30a Cardio Drumming, 12:30p Texas Hold-em or Cards	24. 10:30a Chair Exercise, 11:30a Music 2 Beats, 12:30p Card BINGO, 50/50 Drawing
27. 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	28. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10a Knit & 12:30p Euchre,	29. 9:30a Coffee Hour, 12:30p Card Bingo	30. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10:30a Cardio Drumming, 12:30p Texas Hold-em or Cards, Foot Clinic	31. Ground Hog Day Party 10:30a Chair Exercise, 11:30a Music, 12:30p Card BINGO, 50/50 Drawing

ALL Charlevoix County Senior Center Menus

All Senior Center Locations Menu January 2025 (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>Soups: Monday, Wednesday & Friday</p> <p>Alternative Meal for Week: <i>Chicken Caesar Kit</i></p>	<p>ALL MEALS INCLUDE MILK, BREAD & BUTTER, 2 VEGGIES & A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>	<p>1. ALL COA Offices and Senior Centers are CLOSED</p>	<p>2. Breaded Pork Fritter, Pork Gravy, Au Gratin Potatoes, Green Beans, Fruit</p>	<p>3. National Fruit Cake Toss Day Large Turkey Meatball w/ Onion Gravy, Mashed Potatoes, Fresh Vegetables, Fruit, Soup Du Jour</p>
<p>6. Breaded Chicken Strips, Tater Tots, BBQ Sauce, Vegetable Medley, Fruit, Soup Du Jour</p> <p>Alternative Meal for Week: <i>Shrimp Pasta Salad</i></p>	<p>7. National Bobble Head Day Pepper Steak, Colored Peppers & Onions, Seasoned Rice, Fruit</p>	<p>8. National Bubble Bath Day Homemade Chicken Lasagna, Steamed Broccoli, Garlic Biscuit, Fruit, Vegetable Soup</p>	<p>9. Scottiglia (Mixed Meat Tuscan Stew) Diced Potatoes, Diced Tomatoes, Breadstick, Fruit</p>	<p>10. National Peculiar People Day Baked Ham, Sweet Potatoes w/ Marshmallows, Vegetable Medley, Fruit, Soup Du Jour</p>
<p>13. Mushroom Swiss Cheese Burger, Bun, Ranch Wedge Fries, Mixed Vegetable, Fruit, Soup Du Jour</p> <p>Alternative Meal for Week: <i>Chef Salad</i></p>	<p>14. National Shop for Travel Day Nacho Day—Taco Meat & Cheese, Roasted Corn & Rice, Tortilla Chips & Salsa, Sour Cream, Fruit</p>	<p>15. National Bagel Day Teriyaki Marinated Pork Chop w/Pineapple, Scalloped Potatoes, Garden Vegetable, Fruit, Vegetable Soup</p>	<p>16. National Do Nothing Day Baked Cheese Ziti, Side Salad, Garlic Bread, Fruit</p>	<p>17. National Ditch Your New Year's Resolutions Day Chicken Supreme, Mashed Potatoes & Gravy, Vegetable Medley, Fruit, Soup Du Jour</p>
<p>20. ALL COA Offices and Senior Centers are CLOSED</p> <p>Alternative Meal for Week: <i>Cold BBQ Chicken Breast on Garden Salad</i></p>	<p>21. National Hug Your Puppy Day Cooks Choice, Potato, Vegetable, Fruit, Soup Du Jour</p>	<p>22. National Polka Dot Day Chicken Pot Pie, Stewed Vegetables, Filo Puff Topper, Fruit, Vegetable Soup</p>	<p>23. Mom's Meatloaf, Mashed Potatoes & Gravy, Vegetable Medley, Fruit</p>	<p>24. National Compliment Day Ham & Cheese Stromboli, Side of Pasta Alfredo, Vegetable Medley, Fruit, Soup Du Jour</p>
<p>27. Polish Sausage & Sauerkraut on Bun, Tater Tots, Garden Vegetable, Fruit</p> <p>Alternative Meal for Week: <i>Chicken Salad Croissant</i></p>	<p>28. Ground Sirloin, Mushroom Gravy, Mashed Potatoes, Roasted Carrots, Fruit</p>	<p>29. National Carnation Day Pollock Almondine, Seasoned Rice, Mixed Vegetables, Tarter Sauce, Fruit</p>	<p>30. National Croissant Day Baked Potato with Cheese, Beef Chili, Saltine Crackers, Side Salad, Fruit</p>	<p>31. Think Spring!!!! Spinach Salad with Chicken, Bacon Vinaigrette, Soup Du Jour, Fruit</p>

Charlevoix Activity Calendar

Charlevoix Senior Center Activities for January 2025—Vikki @ 231-547-3844

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Charlevoix Center 13513 Division Ave, Charlevoix</p> <p>Activities are subject to change</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>1. ALL COA OFFICES & SENIOR CENTERS ARE CLOSED.</p>	<p>2. 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</p>	<p>3. 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</p>
<p>6. 8:30a Coffee Talk, Walkers, 9a-11a Advance Pickleball, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre, 1:30p Beginners/Intermediate Pickleball</p>	<p>7. 8-9a Safe Haven Free Breakfast Club, 8:30a Coffee Talk, Walkers, 12:30p Veteran's Day & Free Lunch, 12:30p COA Movie "Holiday Island" w/Popcorn, 1p Games/Puzzles/Euchre, 1:30 Advanced Pickleball, 4p Yoga, Foot Clinic</p>	<p>8. 8:30a Coffee Talk, Walkers, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre, 1:30p Beginners/Intermediate Pickleball</p>	<p>9. 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</p>	<p>10. 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</p>
<p>13. 8:30a Coffee Talk, Walkers, 9a-11a Advance Pickleball, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre, 1:30p Beginners/Intermediate Pickleball</p>	<p>14. 8-9a Safe Haven Free Breakfast Club, 8:30a Coffee Talk, Walkers, 12:30p COA Movie "Home Alone w/ Popcorn, 1p Games/Puzzles/Euchre, 1:30 Advanced Pickleball, 4p Yoga,</p>	<p>15. 8:30a Coffee Talk, Walkers, 11a Hand Massages by Shawna, 11:30a Music by Dolph, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre, 1:30p Beginners/Intermediate Pickleball</p>	<p>16. 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</p>	<p>17. 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</p>
<p>20. ALL COA OFFICES & SENIOR CENTERS ARE CLOSED.</p>	<p>21. 8-9a Safe Haven Free Breakfast Club, 8:30a Coffee Talk, Walkers, 12:30p COA Movie "Our Little Secret" w /Popcorn, 1p Games/Puzzles/Euchre, 1:30 Advanced Pickleball, 4p Yoga</p>	<p>22. 8:30a Coffee Talk, Walkers, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre, 1:30p Beginners/Intermediate Pickleball</p>	<p>23. 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, Foot Clinic</p>	<p>24. 8-9a Safe Haven Free Breakfast Club, 8:30a Coffee Talk, Walkers, Cardio Drumming, 1p Games/Puzzles/Euchre, 1:30p Open Pickleball</p>
<p>27. 8:30a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre 1:30p Beginners/Intermediate Pickleball</p>	<p>28. 8-9a Safe Haven Free Breakfast Club, 8:30a Coffee Talk, Walkers, 12:30p COA Movie "Home Alone 2" w /Popcorn, 1p Games/Puzzles/Euchre, 1:30 Advanced Pickleball, 4p Yoga</p>	<p>29. 8:30a Coffee Talk, Walkers, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre, 1:30p Beginners/Intermediate Pickleball</p>	<p>30. 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</p>	<p>31. 8-9a Safe Haven Free Breakfast Club, 8:30a Coffee Talk, Walkers, Cardio Drumming, 1p Games/Puzzles/Euchre, 1:30p Open Pickleball</p>

2024-25 SENIOR RESIDENTIAL SNOW REMOVAL PROGRAM - **We are extending Enrollment though January or until all the funds have been used up.**

This program provides limited support for Snow Removal though 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, January 31, 2025** 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

**Safe Haven Sponsored Breakfast Club Menu January 2025 (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>7. Hot Breakfast: 2 Pancakes, Sausage Patty, Scrambled Eggs, served with Hashbrowns</p> <p><i>All Breakfasts include Yogurt & Orange Juice</i></p>	<p>3. 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>14. Hot Breakfast: Biscuits, Sausage & Gravy, 1 Oven Baked Egg, Warm Applesauce</p> <p><i>All Breakfasts include Yogurt & Orange Juice</i></p>	<p>10. 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>21. 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>17. 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>28. Hot Breakfast: Breakfast Casserole: Eggs, Cheese, Sausage, Potatoes, Peppers & Onions</p> <p><i>All Breakfasts include Yogurt & Orange Juice</i></p>	<p>24. 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>31. 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

Winter Chill

D R E B M E V O N Y R U A H J M R	Snowflakes
G N L I U T E X T D L J K N X M E	Fireplace
A I I C O C N Z H M S I G Y Z Y T	Celebrate
D O O R E B M E C E D W M Y V F N	December
J A R A F I R E P L A C E A J C I	Election
T K T X Z Z Y L L I H C X A F O W	Football
S A P Z C A L F R I E N D S T O S	Holidays
E L L A B T O O F D R N L A X E T	November
V H J S N O W F L A K E S S B T R	Bonfire
A O K G S G N D W D Q S E V O L G	Candles
E L X C E A E F V N B H E X V B D	Friends
L I G T L H I V I Y W W Z D U H Z	Sweater
O D A S D K S B X R L T Q F A O V	Gather
O A M O N N O I T C E L E O D T D	Gloves
D Y R R A R E H T A G B C M S E P	Chilly
T S N F C C E T A R B E L E C I B	Family
D O G I G D L Z J S C A R F G P D	Leaves



Winter
Scarf
Frost
Coat
Pie

**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 now has a Beaver Island Senior Center Advisory Committee!!!

Members are: Catherine Meintsam (co-chair), Joe Callian (co-chair), Lisa Franz, Andy Stebbins, and Audry VanDyke. They will be working with the COA Leadership on needs of Beaver Island Seniors. Also involved with this group is the Beaver Island Senior Leadership Team: Paul Cole, Bobbi Welke, Lori Taylor-Blitz and Kevin Boyle. This committee with bring your thoughts, ideas and concerns to our meetings.

Voucher Meal Program

Available at The School and the Shamrock right now but the Wild Strawberry Cafe has submitted their request to be a part of the program in January. We hope Special Meals along with other options for for meals other than just vouchers will be up and running smoothly in January.

Reminder: The BI Meal Voucher Program is for Charlevoix County Tax Paying Seniors, 60 years old and older only.

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.

Currently, 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.