

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

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



JULY 2023 NOTABLE DATES

- 1 Joke Day
- 2 I Forgot Day
- 3 Stay Out of the Sun Day
- 4 Independence Day
- 5 Apple Turnover Day
- 6 Fried Chicken Day
- 7 Forgiveness Day
- 8 Be a Kid Again Day
- 9 Sugar Cookie Day
- 10 Pick Blueberries Day
- 11 Cheer Up the Lonely Day
- 12 Simplicity Day
- 13 Embrace Your Geekness Day
- 14 Mac and Cheese Day
- 15 Give Something Away Day
- 16 Ice Cream Day
- 17 Emoji Day
- 18 Sour Candy Day
- 19 Stick Out Your Tongue Day
- 20 Lollipop Day
- 21 Be Someone Day
- 22 Hammock Day
- 23 Parents' Day
- 24 Tell an Old Joke Day
- 25 Wine and Cheese Day
- 26 All or Nothing Day
- 27 Love is Kind Day
- 28 Waterpark Day
- 29 Lasagna Day
- 30 Friendship Day
- 31 Cotton Candy 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.

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

Director's CORNER

5 Skills For Making Everyday Activities Easier

There's often an easier way to do many everyday activities if they're causing fatigue. Pause first and think if energy could be used more efficiently. These 5 skills will help conserve energy, balance activities, and avoid overexertion during everyday tasks.

1. Plan It Out

Help your care recipient plan a new way of doing tasks. This can be hard if they have done things a certain way for a long time. Gently remind them that new approaches can conserve energy and reduce breath shortness so they can do things they want.

- Gather materials beforehand and put them in one easily-reached place. For example, bring all recipe ingredients to the kitchen counter before cooking.
- Plan harder activities during peak energy times or when medications have the strongest effect.

2. Slow Down, Stop Rushing

If an activity is difficult or makes them out of breath, it may be tempting to rush to get it over with. For example, going up all of the stairs quickly. However, this makes us more out of breath. Instead, try slowing down and breaking the activity into smaller chunks. For example, do a few stairs at a time.

3. Offload Your Legs

Save energy by finding opportunities to sit, so the body doesn't work as hard.

- For example:
- Use a shower chair when showering.
- Sit on a stool or at the kitchen table when meal prepping.



- Sit on a walker seat when waiting in line.

4. Take Time To Rest

- Take breaks after strenuous activity. For example, set up a chair at the top of the stairs to rest on after climbing up. Or, climb a few stairs at a time and rest before continuing.
- Break difficult tasks into chunks. For example, take half a load of laundry up in the morning and the other half in the afternoon.

5. Change The Activity Or Equipment

Some activities can be harder for people with lung health conditions—especially when carrying heavy objects or bending over—these can affect their breathing.

Think about ways the activity can be changed or made easier with equipment.

For example, here are ways to make getting dressed easier:

- Use a sock aid or long-handled reacher to pull on socks and pants.
- Get dressed while lying on the bed or sitting down.
- Hang clothes on mid-height racks or in middle drawers to avoid bending or reaching.

Area Agency on Aging of Northwest Michigan partners with Tualta to offer you free access to health and caregiver information. Visit <https://aanm.tualta.com/> to register for free.

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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
Kevin Clements, Senior Program Facilitator

Health Care Services:

Tracey Rupinski, RN, Director of Health Care Services
Robin Pugh, RN, CFCS
Carla Middaugh, Personal Care
Arlene Wilson, CNA
OPEN, CNA/Homemaker
Kim Crandell, Homemaker
Rhonda Whiteford, Homemaker

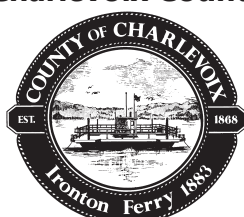
COA Advisory Board

Wanda Carr - Chair; Ed May, Harry Wilson, Aleta Runey, Cathy Kessler, - Vice Chair, Sharon Misiak, Janet Kalbfell; Board Liaison Josh Chamberlain

May - September Senior Center Wednesday Night Hours are 2p-7p

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

Boyne Area Senior Center:

Open M-F 9a-2p
Anita Percy, Site Coordinator
Gretchen, Greg, Nate
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 & Vivian 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, OPEN Food Service & HD Meals
951 Mill Street, East Jordan, MI 49727
231-536-7831

Commission on Aging
Serving Seniors in Charlevoix County

Boyerne Area Activity Calendar

Boyerne Area Senior Center Location Activities for July 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3. 9:30A Cardio Drumming, 12:30 BINGO, 1p Cards/Table Games	4. All COA Offices and Senior Centers are CLOSED ALL DAY.	5. Night Meal 5p-6p—Red, White & Blue, 2p Movie	6. 10a Line Dancing, 11am Hand Massages, 12:30p Bingocize, Afternoon Knit/Crochet/Crafts, Card/Table Games, Knit/Crochet/Crafts	7. 9:30a Cardio Drumming, 11:30a Music by \$ in a Juke Box, 12:30p Card/Table Games
10. 9:30A Cardio Drumming, 12:30 BINGO, 1p Cards/Table Games	11. 10a Line Dancing, 11a Connect with COA Director, 1p BASC Advisory Committee Meeting, 12:30p BINGO, 1p Cards/Table Games, Foot Clinic	12. Night Meal 5p-6p—Tigers Baseball Day, 2p Movie	13. 10a Line Dancing, 12:30p Bingocize, Afternoon Knit/Crochet/Crafts, Card/Table Games, Knit/Crochet/Crafts	14. Celebration Day 9:30a Cardio Drumming, 11a Music by Vintage, 12:30p Card/Table Games
17. 9:30A Cardio Drumming, 12:30 BINGO, 1p Cards/Table Games	18. 10a Line Dancing, 12:30p BINGO, 1p Cards/Table Games	19. Foot Clinic Night Meal 5p-6p—Christmas in July, 2p Movie	20. 10a Line Dancing, 12:30p Bingocize, Afternoon Knit/Crochet/Crafts, Card/Table Games, Knit/Crochet/Crafts	21. 9:30a Cardio Drumming, 11:30a Music OJ Adkins, 12:30p Card/Table Games
24. 9:30A Cardio Drumming, 12:30 BINGO, 1p Cards/Table Games	25. 9a Veteran's Social, 10a Line Dancing, 12:30p BINGO, 1p Cards/Table Games	26. Night Meal 5p-6p—Retro Night, 2p Movie	27. 10a Line Dancing, 12:30p Bingocize, Afternoon Knit/Crochet/Crafts, Card/Table Games, Knit/Crochet/Crafts	28. 9:30a Cardio Drumming, 11a Music by Vintage, 12:30p Card/Table Games
31. 9:30A Cardio Drumming, 12:30 BINGO, 1p Cards/Table Games		Smart TV Activities and Education available. Activities Subject to Change.	Large Print Books, Puzzles & Card Games. Cornhole, Wii and other games on request. Exercise Room open all day everyday. Coffee everyday at 9:30a	Boyerne Area Center 411 East Division St, Boyerne City Site Coordinator: Anita

East Jordan Activity Calendar

East Jordan Senior Center Location Activities for July 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3. 9:30a Coffee Hour, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	4. All COA Offices and Senior Centers are CLOSED ALL DAY.	5. Night Meal 5p-6p—Red White and Blue Night, Music Barry Loper, Card Bingo	6. 9a Hair Cuts w/Susan \$10, 9:30a Coffee Hour, 12:30p Texas Hold-em or Cards, 12:30p Bingocize	7. Celebration Day, 11:30a Music Barry Loper, 12:30p Card BINGO, 50/50 Drawing
10. 9:30a Coffee Hour, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	11. 9:30a Coffee Hour, 10a Knit & Crochet, 11a Cardio Drumming, 12:30p Euchre	12. Night Meal 5p-6p—Tiger's Baseball Night, Music OJ Adkins, Card Bingo	13. 9:30a Coffee Hour, 10a EJSC Advisory Board, 12:30p Texas Hold-em or Cards, 12:30p Bingocize	14. 11:30a Music OJ Adkins, 12:30p Card BINGO, 50/50 Drawing
17. 9:30a Coffee Hour, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table Foot Clinic	18. 9:30a Veterans Social, 9:30a Coffee Hour, 10a Knit & Crochet, 11a Cardio Drumming, 12:30p Euchre	19. Night Meal 5p-6p—Christmas In July Night, Music Deb & Rob, Card Bingo	20. 9:30a Coffee Hour, 11:30a Blood Pressure Check, 12:30p Texas Hold-em or Cards, 12:30p Bingocize	21. Connect with Amy 11:30a Music \$ in a Juke Box, 12:30p Card BINGO, 50/50 Drawing
24. 9:30a Coffee Hour, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	25. 9:30a Coffee Hour, 10a Knit & Crochet, 11a Cardio Drumming, 12:30p Euchre	26. Night Meal 5p-6p—Retro Night, Music 2 Beats, Card Bingo	27. 9:30a Coffee Hour, 10a Hand Massages, 12:30p Texas Hold-em or Cards, 12:30p Bingocize Foot Clinic	28. 11a Music 2 Beats, 12:30p Card BINGO, 50/50 Drawing
31. 9:30a Coffee Hour, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table			Veteran Coffee/Donuts Social 9:30a 1st Friday Open Gym Walking 9a-1p. Exercise Room open all day everyday.	East Jordan Center 951 Mill St., East Jordan 231-536-7831 Site Coordinator: Brenda ACTIVITIES ARE SUBJECT TO CHANGE

ALL Charlevoix County Senior Center Menus

Don't Forget....Wednesday Night Dinners begin on Wednesday, May 10, 2023 through the end of September. There will be NO Lunches served on Wednesdays except at the Charlevoix Senior Center where we will have our new COLD Sandwich/Salad Station. Wednesday Night Dinners are served from 5p-6p.

All Senior Center Locations Menu July 2023 (Lunch 11:30a—12:30p - **Wednesday Night Dinner 5p-6p**)

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
3. Grilled Chicken Breast Sandwich with Fried Onions & Cheese, Honey Mustard Cup, Tater Tots, Mixed Vegetables, Fruit Alternative Meal for Week: Tuna Pasta Salad	4. JULY FOURTH HOLIDAY All COA Offices and Senior Centers are CLOSED ALL DAY.	5. Wednesday Night Dinner Red, White & Blue—Bacon Cheese Burgers, Waffle Fries, Corn on the Cob (dine in only), Fresh Watermelon, Brownie	6. BBQ Pulled Pork Plate, Baked Beans, Corn Bread, Cole Slaw, Fruit	7. Forgiveness Day Cooks Choice, Potato, Fresh Vegetable, Fruit
10. Pick Blueberries Day Ham & Cheese Stromboli, Pasta Marinara, Garden Vegetable, Fruit Alternative Meal for Week: Greek Salad with Chicken	11. Breakfast for Lunch, Biscuits & Sausage Gravy, Scrambled Eggs, Warm Applesauce, Fresh Berries	12. Wednesday Night Dinner Tiger's Baseball Day—Home-style Boneless Breaded Chicken Breast, Mashed Potatoes & Country Gravy, Green Beans, Hot Fudge Sundae (dine in only)	13. Embrace your Geekness Day UP Poutine Fries, Shredded Beef, Wedge Fries, Cheese Curds, Beef Gravy, Side Salad, Fruit	14. Pollock Almondine, Seasoned Rice, Vegetable Medley, Tarter Sauce, Fruit
17. Emoji Day Polish Sausage & Sauerkraut on a Bun, Wedge Fries, Mixed Vegetable, Fruit Alternative Meal for Week: Chicken Salad Croissant	18. Sour Candy Day Nacho Day, Taco Meat, Rice with corn, Tortilla Chips, Cheese, Salsa Cup, Fruit	19. Wednesday Night Dinner Christmas in July —Ham, Pineapple, Sweet Potatoes with Marshmallow Topping, Mixed Vegetables, Sugar Cookie	20. Liver & Onions or Beef Fritter, Mashed Potatoes & Gravy, Vegetable Medley, Fruit	21. Be Someone Day Chicken Lasagna, Garlic Bread, Fresh Vegetable, Fruit
24. Tell an Old Joke Day Sweet & Sour Breaded Pork, Oriental Vegetables, Seasoned Rice, Egg Roll, Fruit Alternative Meal for Week: BLT Wrap	25. Homemade Meatballs with Creamy Mushroom Gravy, Mashed Potatoes, Garden Vegetable, Fruit	26. Wednesday Night Dinner Retro Night —Cheesy Chicken Broccoli Rice Casserole, Side Salad, Breadstick, Retro Popsicle	27. Maurice Salad, Turkey, Ham, Swiss Cheese, Green Olives, Gherkins, Egg, Homemade Dressing, Cup of Soup, Soft Roll with Butter, Fruit	28. Waterpark Day Cooks Choice, Potato, Fresh Vegetable, Fruit
31. Cotton Candy Day Chicken Alfredo Pasta, Fresh Broccoli, Garlic Roll, Fruit Alternative Meal for Week: Roast Beef Wrap		No Lunch on Wednesday from May Through September except the Wrap Station in Charlevoix Only.	ALL MEALS INCLUDE MILK, BREAD & BUTTER, 2 VEGGIES & A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE	Homemade Soup now served 3 days a week with your meal.

Charlevoix Activity Calendar

Charlevoix Senior Center Activities for July 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3. 9a Coffee Talk, Walkers, 12:15p Bingo, 1p Cardio Drumming, 1p Games/Puzzles, 3:30p Beginners Pickleball	4. All COA Offices and Senior Centers are CLOSED ALL DAY.	5. 9a Coffee Talk, Walkers, 10:30a Bingocize, 12:30p Bridge, 1p Games/Puzzles, 2p Beginners Pickleball 5p Wednesday Night Dinner—Red, White & Blue Night	6. 8-9a Breakfast, 9a Coffee Talk, Walkers, 9a Tai Chi, 12p Bath School Catastrophe Presentation 1p Games/Puzzles, 1p Mahjong, 1p Mahjong, 1:30p Pickleball, 2p Movie Day @Charlevoix Cinema	7. 9a Coffee Talk, Walkers, 10a Crafts, 11:45a Gayle Gennett Speaker, 1p Games/Puzzles, 1:30p Open Pickleball
10. 9a Coffee Talk, Walkers, 12:15p Bingo, 1p Cardio Drumming, 1p Games/Puzzles, 3:30p Beginners Pickleball	11. 9a Coffee Talk, Walkers, 9:30a Veteran's Social, 1p Games/Puzzles, 1p Mahjong, 1p Movie/TV in COA Room, 1:30 Advanced Pickleball,	12. 9a Coffee Talk, Walkers, 10:30a Bingocize, 12:30p Bridge, 1p Games/Puzzles, 2p Beginners Pickleball 5p Wednesday Night Dinner—Tiger's Baseball Night	13. 8-9a Breakfast, 9a Coffee Talk, Walkers, 9a Tai Chi, 1p Games/Puzzles, 1p Mahjong, 1:30p Advanced Pickleball, 2p Movie Day @Charlevoix Cinema Foot Clinic	14. 9a Coffee Talk, Walkers. 10a Crafts, 1p Games/Puzzles, 1:30p Open Pickleball
17. 9a Coffee Talk, Walkers, 12:15p Bingo, 1p Cardio Drumming, 1p Games/Puzzles, 3:30p Beginners Pickleball	18. 9a Coffee Talk, Walkers, 1p Games/Puzzles, 1p Mahjong, 1p Movie/TV in COA Room, 1:30 Advanced Pickleball,	19. 9a Coffee Talk, Walkers, 10:30a Bingocize, 12:30p Bridge, 1p Games/Puzzles, 2p Beginners Pickleball, 5p Wednesday Night Dinner—Christmas in July Night	20. 8-9a Breakfast, 9a Coffee Talk, Walkers, 9a Tai Chi, 11a Hand Massages, 1p Games/Puzzles, 1p Mahjong, 1:30p Advanced Pickleball, 2p Movie Day @Charlevoix Cinema	21. Celebration Day, 9a Coffee Talk, Walkers, 10a Crafts, 10:30a Music by the Maestros, 1p Games/Puzzles, 1:30p Open Pickleball
24. 9a Coffee Talk, Walkers, 12:15p Bingo, 1p Cardio Drumming, 1p Games/Puzzles, 3:30p Beginners Pickleball	25. 9a Coffee Talk, Walkers, 1p Games/Puzzles, 1p Mahjong, 1p Movie/TV in COA Room 1:30 Advanced Pickleball, Foot Clinic	26. 9a Coffee Talk, Walkers, 10:30a Bingocize, 12:30p Bridge, 1p Games/Puzzles, 2p Beginners Pickleball, 5p Wednesday Night Dinner—Retro Night	27. 8-9a Breakfast, 9a Coffee Talk, Walkers, 9a Tai Chi 1p Any Games/Puzzles, 1p Mahjong, 1:30p Advanced Pickleball, 2p Movie Day @Charlevoix Cinema	28. 9a Coffee Talk, Walkers. 10a Crafts, 1p Any Games/Puzzles, 1:30p Open Pickleball
31. 9a Coffee Talk, Walkers, 12:15p Bingo, 1p Cardio Drumming, 1p Games/Puzzles, 3:30p Beginners Pickleball	1:30p Tech Tuesdays @ The Charlevoix Library (by Appt Only)	Charlevoix Location Only: 11:30a-12:30p Sandwich and Salad Bar available for Lunch	Cornhole, Wii and other games on request. Smart TV Activities and Education available ACTIVITIES ARE SUBJECT TO CHANGE	Charlevoix Center 13513 Division Ave, Charlevoix Site Coordinator: Vikki 231-547-3844

Senior Project Fresh...

Coupons are still available!

How Senior Project Fresh Works (Michigan.gov/mdhhs)... Senior Project Fresh/Market Fresh participants are given five, \$5 coupons to use at farmers' markets and roadside stands that display a sign that reads, "Senior Project Fresh/Market Fresh Welcome Here". The participant may use the coupon to purchase any Michigan-grown, non-processed product, including honey, from the farm market or roadside stand. The coupon works like cash as payment for the products. Coupons cannot be used for items that are not typically grown in Michigan, such as bananas, oranges, and pineapples. They also may not be used to purchase cheese, meat, or eggs, even though some of these are good sources of nutrition, nor may they be used to purchase flowers or potted plants.

Participants will receive nutrition education when they get their coupons. Nutrition education may be provided in a classroom setting, one-on-one, or, occasionally, at a farm market.

Participants are encouraged to use all their coupons during the season, which operates from May 1 through October 31 each year. If a participant has difficulty getting to a farm market or roadside stand, they may assign a proxy to purchase eligible items for them.

To qualify, a senior adult must be:

- A Michigan resident who is aged 60 years or older
- A Michigan resident who is aged 55 years or older AND belongs to a Michigan federally recognized tribe or urban tribal group
- Have a total household income of 185% or less of the federal poverty guidelines
- A resident of the county in which the coupons are issued

In accordance with federal civil rights law and US Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.), should contact the agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing, or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

Charlevoix Area Caregiver Support Group - Free & Open to ALL Caregivers

Presented by the Alzheimer's Association of Michigan and Facilitated by trained staff of the Charlevoix County Commission on Aging.

Build a support system with people who understand.

Develop a support system.

Exchange practical information on challenges and possible solutions.

Talk through issues and ways of coping.

Share feelings, needs and concerns.

Learn about community resources.

Meeting in person at the Boyne Senior Center - Conference Room, The Second Thursday of the month from 1pm - 2:30p Please call Sheri at (231) 237-0103 for more information or if you are interested in attending.

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 Beaver Island School, The Shamrock and The Bodega.

Please call Lonnie or the COA Office on the Mainland for all the Other Beaver Island Fun Activities planned like the Tai-Chi, Strength Training, BINGO, Crafts and More!

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.

Just for fun

Easy 4th of July Word Search!



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

America Colonies Flag July
Barbeque Fireworks Freedom Liberty

Charlevoix Senior Center Breakfast Menu July 2023 (8a—9a)

\$3 donation for 60 Years Old
and older

\$8 Cost for 59 Years Old and younger

**THURSDAYS ONLY
IN CHARLEVOIX ONLY**

Charlevoix Center: 547-5361

All Breakfasts include Fresh Fruit,
Yogurt, Choice of Apple or Orange Juice, Milk

7/6. Hot Breakfast:
Biscuits & Sausage Gravy, Scrambled Eggs.

7/13. Hot Breakfast:
Yogurt Parfait with Fresh Berries & Granola,
Side of Bacon.

7/20. Hot Breakfast:
Corned Beef Hash with Oven Baked Eggs

7/27. Hot Breakfast:
Breakfast Sandwich - Eggs, Cheese, Thin Sliced
Ham, Side of Tater Tots.