

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

SEPTEMBER 2023 NOTABLE DATES

- 1 *Bring Your Manners to Work Day*
- 2 *Live Fearless Day*
- 3 *Doodle Day*
- 4 *Labor Day*
- 5 *Be Late for Something Day*
- 6 *Read a Book Day*
- 7 *Salami Day*
- 8 *Literacy Day*
- 9 *Wonderful Weirdos Day*
- 10 *Grandparents Day*
- 11 *Patriot Day (9-11 Remembrance)*
- 12 *Chocolate Milkshake Day*
- 13 *Positive Thinking Day*
- 14 *Eat a Hoagie Day*
- 15 *Make a Hat Day*
- 16 *Collect Rocks Day*
- 17 *Citizenship Day*
- 18 *Cheeseburger Day*
- 19 *Talk Like a Pirate Day*
- 20 *String Cheese Day*
- 21 *Miniature Golf Day*
- 22 *Ice Cream Cone Day*
- 23 *Autumn (Fall) Begins*
- 24 *Cherries Jubilee Day*
- 25 *Comic Book Day*
- 26 *Love Note Day*
- 27 *Chocolate Milk Day*
- 28 *Good Neighbor Day*
- 29 *Confucius Day*
- 30 *Love People 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.



“BY ALL THESE LOVELY TOKENS, SEPTEMBER DAYS ARE HERE. WITH SUMMER’S BEST OF WEATHER AND AUTUMN’S BEST OF CHEER.” ~ HELEN HUNT JACKSON

Director's CORNER



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

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

Older Americans CAN start-preparing for Emergencies before they happen!

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

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

Plan for your pets and service animals. Create a communication plan and keep a list of important phone numbers and Emergency Contact Information. Protect Vital Records and documents. Plan for transportation in case you need to evacuate.

3. Be informed of your Community Warning Systems. Be informed of what services are provided at Red Cross Shelters.

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

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

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

place before a disaster hits.

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

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

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

- Be sure your bag has an ID tag.

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

- Keeping your kit up-to-date is also important.

Review the contents at least every six months or as your needs change.

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

For information about-specific types of emergencies, visit www.ready.gov or call 1-800—BE-READY.

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

Stay Safe and Be Well!

COA Information

COA Office
13513 Division Ave.,
Charlevoix, MI 49720
231-237-0103
Toll Free: 866-428-5185
Fax: 231-237-0105
Office open M-F 7:30am-4:30pm

Main Office Staff:
Amy Wieland, Executive Director
Sheri Shepard, Assistant Director
Theresa Graham, Office Manager
Sally Nye, Database Coordinator
Paul Tate, Food Service Manager
Kevin Clements, Senior Program Facilitator

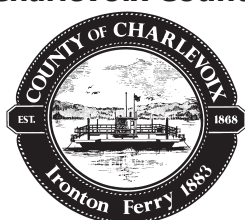
Health Care Services:
Tracey Rupinski, RN, Director of Health Care Services
Robin Pugh, RN, CFC
Carla Middaugh, Personal Care
Arlene Wilson, CNA
OPEN, CNA/Homemaker
Kim Crandell, Homemaker
Rhonda Whiteford, Homemaker

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
?, 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, Dolores Food Service & HD Meals
951 Mill Street, East Jordan, MI 49727
231-536-7831



Boyne Area Activity Calendar

Boyne Area Senior Center Location Activities for September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Boyne Area Center 411 East Division St, Boyne City	Large Print Books, Puzzles & Card Games. Cornhole, Wii and other games on request.	Exercise Room open all day everyday. Coffee everyday at 9:30a	Activities are subject to Change due to COA Staffing Shortages.	1. 9:30a Cardio Drumming, 12:30p Card/ Table Games
4. ALL COA OFFICES & SENIOR CENTERS ARE CLOSED FOR THE LABOR DAY HOLIDAY	5. 10a Low Impact Exercise, 11a Hand Massages 12:30p BINGO, 1p Cards/Table Games	6. Night Meal 5p-6p— School Spirit, 2p Movie, 5p \$ in a Juke Box	7. 10a Low Impact Exercise, 12:30p Card BINGO, Afternoon Knit/Crochet/Crafts, Card/ Table Games	8. Celebration Day 9:30a Cardio Drumming, 11a Music by Vintage, 12:30p Card/Table Games
11. 9:30A Cardio Drumming, 12:30 BINGO, 1p Cards/Table Games	12. 10a Low Impact Exercise, 1p BASC Advisory Committee Meeting 12:30p BINGO, 1p Cards/Table Games	13. Night Meal 5p-6p— "Senior" Prom, 2p Movie	14. 10a Low Impact Exercise, 12:30p Card BINGO, Afternoon Knit/Crochet/Crafts, Card/ Table Games, Foot Clinic	15. 9:30a Cardio Drumming, 11:30a Music OJ Adkins, 12:30p Card/ Table Games
18. 9:30A Cardio Drumming, 12:30 BINGO, 1p Cards/Table Games	19. 10a Low Impact Exercise, 12:30p BINGO, 1p Cards/Table Games	20. Night Meal 5p-6p— World Gratitude Day, 2p Movie	21. 10a Low Impact Exercise, 11a Blood Pressure Clinic, 12:30p Card BINGO, Afternoon Knit/Crochet/Crafts, Card/ Table Games	22. 9:30a Cardio Drumming, 11a Music by Vintage, 12:30p Card/ Table Games
258. 9:30A Cardio Drumming, 12:30 BINGO, 1p Cards/Table Games, Foot Clinic	269. 9a Veteran's Social, 12:30p BINGO, 1p Cards/Table Games	270. Night Meal 5p-6p- LAST WEDNESDAY NIGHT DINNER, 2p Movie	28. 10a Low Impact Exercise, 12:30p Card BINGO, Afternoon Knit/Crochet/Crafts, Card/ Table Games	29. 9:30a Cardio Drumming, 12:30p Card/ Table Games

East Jordan Activity Calendar

East Jordan Senior Center Location Activities for September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
East Jordan Center 951 Mill St., East Jordan 231-536-7831 Site Coordinator: Brenda ACTIVITIES ARE SUBJECT TO CHANGE	Veteran Coffee/Donuts Social 9:30a 1st Friday Open Gym Walking 9a- 1p. Exercise Room open all day everyday.			1. Celebration Day, 11:30a Music Barry Loper, 12:30p Card BINGO, 50/50 Drawing
4. All COA Offices and Senior Centers are CLOSED for the Labor Day Holiday.	5. 9:30a Coffee Hour, 10a Knit & Crochet, 11a Cardio Drumming, 12:30p Euchre	6. Night Meal 5p-6p— School Spirit, Music Barry Loper, Card Bingo	7. 9a Hair Cuts w/Susan \$10, 9:30a Coffee Hour, 12:30p Texas Hold-em or Cards, 12:30p Bingocize	8. 11:30a Music OJ Adkins, 12:30p Card BINGO, 50/50 Drawing
11. 9:30a Coffee Hour, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	12. 9:30a Coffee Hour, 10a Knit & Crochet, 11a Cardio Drumming, 12:30p Euchre, Foot Clinic	13. Night Meal 5p-6p— "Senior" Prom, Music OJ Adkins, Card Bingo	14. 9:30a Coffee Hour, 10a EJSC Advisory Board, 11:30a Blood Pressure Check, 12:30p Texas Hold- em or Cards, 12:30p Bingocize	15. 11:30a Music \$ in a Juke Box, 12:30p Card BINGO, 50/50 Drawing
18. 9:30a Coffee Hour, 10a 12p Mexican Poker, 12:30p Pool Table	19. 9:30a Coffee Hour, 9:30a Veterans Social, 10:45a Exercise/Lisa, 10a Knit & Crochet, 11a Cardio Drumming, 12:30p Euchre	20. Night Meal 5p-6p— Gratitude Night, Music Kelly, Card Bingo	21. 9:30a Coffee Hour, 12:30p Texas Hold-em or Cards, 12:30p Bingocize, Foot Clinic	22. 11a Music 2 Beats, 12:30p Card BINGO, 50/50 Drawing
25. 9:30a Coffee Hour, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	26. 9:30a Coffee Hour, 10a Knit & Crochet, 11a Cardio Drumming, 12:30p Euchre	27. THE LAST Night Meal 5p-6p—Music 2 Beats, Card Bingo	28. 9:30a Coffee Hour, 10a Hand Massages, 12:30p Texas Hold-em or Cards, 12:30p Bingocize	29. 11a Music, 12:30p Card BINGO, 50/50 Drawing

ALL Charlevoix County Senior Center Menus

Don't Forget....Wednesday Night Dinners end the 27th of September.

We are Smitten with the Mitten this Month and Celebrating Michigan Foods at all of our Senior Centers!
Items Highlighted in Green are specific Michigan Foods.

All Senior Center Locations Menu September 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
ALL MEALS INCLUDE MILK, BREAD & BUTTER, 2 VEGGIES & A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE	Soups are served 3 days a week.	This is the LAST Month for Wednesday Night Dinners	WE ARE CELEBRATING MICHIGAN MONTH WITH MICHIGAN RECIPES & PRODUCTS THIS MONTH!	1. Cooks Choice, Potato, Fresh Vegetable, Fruit
4. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED FOR THE LABOR DAY HOLIDAY Alternative Meal for Week: Turkey Bacon Wrap	5. Be Late For Something Day Cooks Choice, Potato, Fresh Vegetable, Fruit	6. Wednesday Night Dinner / School Spirit Night Grand Rapids Style Burrito — Ground Beef & Refried Bean Wet Burrito, Roasted Corn, Cinnamon & Sugar “Churro” Donuts	7. Fajita Chicken, Onions & Peppers Tossed with Pasta in a creamy sauce, Breadsticks, Fruit	8. Literacy Day Asian Beef, Light Teriyaki & Rice, Oriental Vegetables, Mini Spring Roll, Fruit, Detroit Boston Coolers
11. Patriot Day Beef Sliders (2), Buns, Onions, Cheese, Great Lakes Cherry BBQ Chips, Breaded Onion Petals, Fruit Alternative Meal for Week: Chicken Salad Croissant	12. Ham & Pineapple, Scalloped Potatoes, Vegetable Medley	13. Wednesday Night Dinner / “Senior Prom” Frankenmuth Fried Chicken Dinner —Fried Chicken, Mashed Potatoes & Gravy, Green Beans, Tossed Salad, Cookie	14. Spaghetti with Home made Meat Sauce, Garlic Bread, Fresh Vegetables, Fruit	15. Make a Hat Day Cooks Choice, Potato, Fresh Vegetable, Fruit
18. Crab Cakes, Creamy Alfredo Sauce, Rice, Fresh Vegetable, Fruit Alternative Meal for Week: Hudson’s Maurice Salad	19. Breakfast for Lunch: Pancakes, Sausage Links, Hashbrowns, Real MI Maple Syrup, Fresh MI Blueberries	20. Wednesday Night Dinner / Gratitude Night for World Gratitude Day Chicken Breast Supreme, Mashed Potatoes & Gravy, Garden Vegetable, Side Salad, Fruit, Faygo Red Pop Float	21. Detroit Style Coney Dog, Bun, Carrot Raisin Salad, Better-Maid Potato Chips, Fruit	22. Vegetable Lasagna, Spinach, Mushrooms, Carrots, Garlic Cheese Biscuit, Fruit
25. Open Faced Corned Beef Rubeen, Ranch Wedge Fries, Garden Vegetable, Fruit Alternative Meal for Week: Big O Smokehouse Fish Dip & Crackers	26. Comic Book Day Chicken Stew Served over Kluski Noodles , Stew Vegetables, Fruit	27. LAST Wednesday Night Dinner Ground Sirloin, Sauteed Onions, Mashed Potatoes & Gravy, Fresh Vegetable, Tossed Salad, Local Area Apple Crisp	28. Good Neighbor Day Tropical Chicken Breast with Pineapple Salsa, Cilantro Rice, Vegetable Medley, Fruit	29. Polish Dinner, Krzysiak Polish Kielbasa, Sauerkraut, Potato & Cheese Pierogies, Sour Cream Cup, Fruit

Charlevoix Activity Calendar

Charlevoix Senior Center Activities for September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Charlevoix Center 13513 Division Ave, Charlevoix Site Coordinator: Vikki 231-547-3844	Charlevoix Location Only: 11:30a-12:30p Sandwich and Salad Bar available for Lunch Tech Tuesdays @ Charlevoix Library by appt. only	Cornhole, Wii and other games on request. Smart TV Activities and Education available	ACTIVITIES ARE SUBJECT TO CHANGE	1. 9a Coffee Talk, Walkers, 10a Crafts, 1p Games/Puzzles, 1p Cardio Drumming, 1:30p Open Pickleball
4. ALL COA OFFICES & SENIOR CENTERS ARE CLOSED FOR THE LABOR DAY HOLIDAY	5. 9a Coffee Talk, Walkers, 12:30p Veteran’s Social & Free Lunch, 1p Games/Puzzles, 1p Mahjong, 1p Movie/TV in COA Room, 1:30 Advanced Pickleball	6. 9a Coffee Talk, Walkers, 10:30a Bingocize, 12:30p Bridge, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball, 3:30p Card Bingo, 5p Wednesday Night Dinner—Schools Spirit	7. 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	8. Celebration Day, 9a Coffee Talk, Walkers, 10a Crafts, 1p Games/Puzzles, 1p Cardio Drumming, 1:30p Open Pickleball
11. 9a Coffee Talk, Walkers, 12:15p Bingo, 1p Cardio Drumming, 1p Games/Puzzles, 3:30p Beginners/Intermediate Pickleball	12. 9a Coffee Talk, Walkers, 1p Games/Puzzles, 1p Mahjong, 1p Movie/TV in COA Room, 1:30 Advanced Pickleball	13. 9a Coffee Talk, Walkers, 10:30a Bingocize, 12:30p Bridge, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball, 3:30p Card Bingo, 5p Wednesday Night Dinner—“Senior” Prom & Det. Cody Wheat—Drugs in our Town	14. 8-9a Breakfast, 9a Coffee Talk, Walkers, 9a Tai Chi, 1p Games/Puzzles, 1p Mahjong, 1:30p Advanced Pickleball, 2p Movie Day @Charlevoix Cinema	15. 9a Coffee Talk, Walkers, 10a Crafts, 1p Games/Puzzles, 1p Cardio Drumming, 1:30p Open Pickleball
18. 9a Coffee Talk, Walkers, 12:15p Bingo, 1p Cardio Drumming, 1p Games/Puzzles, 3:30p Beginners/Intermediate Pickleball	19. 9a Coffee Talk, Walkers, 11a Hand Massages, 1p Games/Puzzles, 1p Mahjong, 1p Movie/TV in COA Room 1:30 Advanced Pickleball Foot Clinic	20. 9a Coffee Talk, Walkers, 10:30a Bingocize, 12:30p Bridge, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball, 3:30p Card Bingo, 5p Wednesday Night Dinner—World Gratitude Day & Ukulele Group	21. 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	22. 9a Coffee Talk, Walkers, 10a Crafts, 1p Any Games/Puzzles, 1p Cardio Drumming, 1:30p Open Pickleball
25. 9a Coffee Talk, Walkers, 12:15p Bingo, 1p Cardio Drumming, 1p Games/Puzzles, 3:30p Beginners/Intermediate Pickleball	26. 9a Coffee Talk, Walkers, 1p Games/Puzzles, 1p Mahjong, 1p Movie/TV in COA Room 1:30 Advanced Pickleball	27. 9a Coffee Talk, Walkers, 10:30a Bingocize, 12:30p Bridge, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball, 3:30p Card Bingo, 5p Wednesday Night Dinner—LAST WEDNESDAY NIGHT DINNER	28. 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	29. 9a Coffee Talk, Walkers, 10a Crafts, 1p Any Games/Puzzles, 1p Cardio Drumming, 1:30p Open Pickleball

Caregivers: Talking with a loved one about Power of Attorney (POA)

Power of Attorney (POA) is a legal document in which your loved one names who can help make decisions for them if they cannot. There are two power of attorney documents, one for healthcare decisions and one for financial decisions. Note, the document can be canceled or changed at any time.

Power of attorney documents are used if your loved one can't make or communicate a decision for themselves. For example, if they are unconscious or have a condition affecting their decision-making skills or ability to communicate.

If you are not sure how to talk about POA here are some tips that may help.

1. Start the Conversation

Ask for help with the conversation. Include someone who your loved one respects but isn't the main caregiver. Sometimes the closest caregiver gets the most push back on this conversation. You can also ask your doctor or a trusted professional to start the conversation.

- Try not to force a decision.
- Remind them it is completely their choice.

2. Provide Information

Explain that a power of attorney document:

- Gives them control while they can still make decisions.
- Prevents decisions from being made by someone they don't trust.
- May help prevent family fighting in the future.
- Makes it easier to care for them.

3. Support Them to Make Decisions

- Start by asking what you can do to help with the decision. It may help to explain the documents in a different way.
- Ask if there's anyone else, they'd like to talk to about power of attorney, or what questions they have.
- Don't expect all decisions to be made during your first conversation. Give them extra time to make decisions.
- Deciding not to make a decision is still a decision.

Often, caregivers feel like they need to do everything right. That's a lot of pressure! Instead, remember your role is in supporting your loved one to live their vision of the best life possible. It's not about what other people think is right, or even what you think is right. It's about the person you care for.

Area Agency on Aging of Northwest Michigan partners with Trualta to offer you free access to health and caregiver information. Visit <https://aanm.trualta.com/> to register for free. © Trualta Inc. 2022

Safe Handling of Take-Out Foods - Take-Out and Delivered Foods: USDA Food Safety & Inspection Services

Holiday Meals, Picnics, Tailgate Parties, or Just a Busy Day

In today's busy world, take-out and delivered foods are experiencing runaway popularity. Some foods are hot and some are cold when purchased. Foods from fast food restaurants are most often consumed immediately. Take-out foods may be purchased in advance for eating at a later time, such as a party platter or a cooked holiday meal. No matter what the occasion, more and more people are relying on others to prepare their food.

Perishable foods can cause illness when mishandled. Proper handling of the food and the leftovers is essential to ensure the food is safe for you to eat.

2-Hour Rule

To keep hot foods safe, keep them at 140 °F or above. Cold foods must be kept at 40 °F or below. Bacteria grow rapidly between 40 and 140 °F. Discard all perishable foods such as meat, poultry, eggs, and casseroles, left at room temperature longer than 2 hours; 1 hour in temperatures above 90 °F.

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



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

PATRIOT DAY
 PROPOSAL DAY
 GRATITUDE DAY
 DEAF DAY
 BATMAN DAY
 SOBER DAY
 ALZHEIMERS DAY

PEANUT DAY
 GYRO DAY
 CHAI DAY
 SALAMI DAY
 FAMILY DAY
 GREENPEACE DAY
 SCARF DAY

VFW DAY
 RHINO DAY
 RESPECT DAY
 SKYSCRAPER DAY
 TV DINNER DAY
 SUDOKU DAY
 COFFEE DAY

Charlevoix Senior Center Breakfast Menu September 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

9/7. Hot Breakfast:
Ham & Cheese Quiche with Rosemary Potatoes.

9/14. Hot Breakfast:
Yogurt Parfait with Fresh Berries & Granola served with a side of Bacon.

9/21. Hot Breakfast:
Pigs in a Blanket, Maple Syrup and Tator Tots.

9/28. Hot Breakfast:
Breakfast Sandwich: Thin Sliced Ham, Egg, Cheese, served with Hashbrowns.

Changes coming in October! A Community Collaboration will allow us to meet more needs in our community as well as our Senior needs!