

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



WHEN WE HAVE EACH OTHER....WE HAVE
EVERYTHING.

Director's CORNER

Advance Directives: Durable
Power of Attorney for Health
Care

Advance Directives in the
State of Michigan - University
of Michigan Health

We all value the right to
make decisions for ourselves.
Whether we term this auton-
omy, liberty or independence,
it is central to our concept of
dignity.

One important area in
which we exercise indepen-
dence is in choosing the
medical treatment we receive.
Few would deny a competent
adult has the right to consent
to or refuse particular medical
treatments or medically relat-
ed services.

Unfortunately, due to illness
or injury, we may not remain
able to participate in treat-
ment decisions. Such dis-
ability may be temporary or
permanent.

No one likes to consider
the possibility of becoming
unable to make decisions. It is
easy to put off thinking about
that happening, and what
treatment we would like in
those circumstances.

As difficult as it is to con-
front these issues, by doing so
we can help ensure our wish-
es are honored in the future.

Once you determine your
wishes, the process of plan-
ning is relatively simple and
inexpensive or free.

Michigan has two kinds of
Advance Directives.

What is an advance direc-
tive?

An advance directive is a
written document in which
you specify what type of
medical care you want in
the future, or who you want
to make decisions for you,
should you lose the ability to
make decisions for yourself.

Why is there a need for
advance directives?

Years ago, most individuals
died in their own homes. To-
day, there is greater chance of
dying in a hospital or nursing
home.



Expanding technology
has increased the treat-
ment choices we face, and
improved public health
has increased life expect-
tancy. Decisions may have
to be made concerning
our care at a time we can
no longer communicate
our wishes.

What are the advantag-
es of having an advance
directive?

We each have our own
values, wishes and goals.
Having an advance direc-
tive provides you some
assurance your personal
wishes concerning medical
and mental treatment will
be honored at a time when
you are not able to express
them. Having an advance
directive may also prevent
the need for a guardian-
ship imposed through the
probate court.

One is the Durable Power
of Attorney for Healthcare
(DPOA-HC), which can be
used in both inpatient and
ambulatory care settings.

The other is a Do-Not-Res-
uscitate (DNR) Declaration,
which is for non-hospital
settings. If either of these
legal documents is missing
certain elements, they may
not be valid; however, the
information in them could
be used to show a patient's
intent or wishes regarding
treatment choices.

A "living will" is not rec-
ognized as a legally bind-
ing Advance Directive in
Michigan.

However, a living will is
sometimes combined with
a valid Durable Power of
Attorney for Health Care to
help the Patient Advocate
named in the DPOA-HC to
understand the patient's
treatment choices.

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, CFCF
Arlene Wilson, CNA
OPEN, CNA/Homemaker
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

**June - August Senior
Center Wednesday
Night Hours are 2p-7p**

**Many wonderful
Volunteers in all
aspects of our services!**

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

**Boyne Area Senior
Center:**
Open M-F 9a-2p
Krista Goldsmith, 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
& 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

FEBRUARY 2024 NOTABLE DATES

- 1 *Dark Chocolate Day*
- 2 *Groundhog Day*
- 3 *Ice Cream for Breakfast Day*
- 4 *Homemade Soup Day*
- 5 *Chocolate Fondue Day*
- 6 *Pay A Compliment Day*
- 7 *Rose Day*
- 8 *Laugh and Get Rich Day*
- 9 *Read in the Bathtub Day*
- 10 *Flannel Day*
- 11 *Super Bowl Sunday*
- 12 *Clean Out Your Computer Day*
- 13 *Fat Tuesday*
- 14 *Ash Wednesday / Valentine's Day*
- 15 *Gumdrop Day*
- 16 *Do a Grouch a Favor Day*
- 17 *Random Acts of Kindness Day*
- 18 *Drink Wine Day*
- 19 *Presidents' Day*
- 20 *Comfy Day*
- 21 *Sticky Bun Day*
- 22 *Margarita Day*
- 23 *Banana Bread Day*
- 24 *Tortilla Chips Day*
- 25 *Let's All Eat Right Day*
- 26 *Letter to an Elder Day*
- 27 *Strawberry Day*
- 28 *Snow Shoe Day*
- 29 *Leap 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.**



Boyne Area Activity Calendar

Boyne Area Senior Center Location Activities for February 2024—IF the Center is OPEN.
The BASC Building Board Meeting will still be held. Boyne Area Senior Center: 582-6682

Monday		Tuesday		Wednesday	Thursday	Friday
Boyne Area Center 411 East Division St, Boyne City Site Coordinator: TBD at this time		Activities are subject to Change. Exercise Room open all day everyday M-F. Coffee everyday at 8:00am			1. CLOSE TO INSIDE DINING & ACTIVITIES. Curbside Meal Pick up 11:30a -12:30p.	2. CLOSE TO INSIDE DINING & ACTIVITIES. Curbside Meal Pick up 11:30a-12:30p.
5. 10A Cardio Drumming, 12:30 BINGO, 1p Cards/ Table Games		6. 10:30a BASC Building Board Mtg		17. 10a Corn Hole, 10a Wii Bowling, 12:30p Card/ Table Games	8. 10a Line Dancing, 12:30p Card BINGO, Afternoon Knit/ Crochet/Crafts, Card/Table Games	9. 10a Cardio Drumming, 11a Music by Vintage, 12:30A BAC Valentine Craft
12. 10A Cardio Drumming, 11a Hand Massages w/Shana, 12:30 BINGO, 1p Cards/Table Games		13. 10a Line Dancing, 12:30p BINGO, 1p Cards/ Table Games, Foot Clinic		14. 10a Wii Bowling, 10a Corn Hole, 11:30a Music by \$1 in a Juke Box, 12:30p Card BINGO	15. 10a Line Dancing, 12:30p Card BINGO, Afternoon Knit/ Crochet/Crafts, Card/Table Games	16. Celebration Day, 9:30a Cardio Drumming, 11:30a Music by OJ
19. 10A Cardio Drumming, 12:30 BINGO, 1p Cards/Table Games		20. 10a Line Dancing, 12:30p BINGO, 1p Cards/ Table Games		21. 10a Corn Hole, 10a Wii Bowling, 12:30p Knit/ Crochet Group	22. 10a Line Dancing, 12:30p Card BINGO, Afternoon Knit/ Crochet/Crafts, Card/Table Games, Foot Clinic	23. 10a Cardio Drumming, 11a Music by Vintage
26. 10A Cardio Drumming, 12:30 BINGO, 1p Cards/Table Games		27. 9a Veteran's Social, 10a Line Dancing, 12:30p BINGO, 1p Cards/Table Games		28. 10a Corn Hole, 10a Wii Bowling, 12:30p Card/ Table Games	29. 10a Line Dancing, 12:30p Card BINGO, Afternoon Knit/ Crochet/Crafts, Card/Table Games	

East Jordan Activity Calendar

East Jordan Senior Center Location Activities for February 2024

Monday		Tuesday		Wednesday	Thursday	Friday
East Jordan Center 951 Mill St., East Jordan 231-536-7831 Site Coordinator: Brenda		1st Friday Open Gym Walking 9a- 1p. Exercise Room open all day everyday. ACTIVITIES ARE SUBJECT TO CHANGE			1. Hair Cuts \$\$, 9:30a Coffee Hour, 12:30p Texas Hold-em or Cards, 12:30p Bingocize	2. Celebration Day Ice Cream Social 11:30a Music Barry Loper, 12:30p Card BINGO, 50/50 Drawing
5. 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/ Lisa, Sewing 12p Mexican Poker, 12:30p Pool Table		6. 9:30a Coffee Hour, 10a Knit & Crochet, 11a Cardio Drumming, 12:30p Euchre		7. 9:30a Coffee Hour, 12:30p Card Bingo	8. 9:30a Coffee Hour, 10a EJSC Advisory Board, 12:30p Texas Hold-em or Cards, 12:30p Bingocize Foot Clinic	9. 11:30a Music OJ Adkins, 12:30p Card BINGO, 50/50 Drawing
12. 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/Lisa, Sewing 12p Mexican Poker, 12:30p Pool Table		13. 9:30a Coffee Hour, 10a Knit & Crochet, 11a Cardio Drumming,12:30p Euchre		14. 9:30a Coffee Hour, 12:30p Card Bingo	15. 9:30a Coffee Hour, 12:30p Texas Hold-em or Cards, 12:30p Bingocize	16. 11:30a Music \$ in a Juke Box, 12:30p Card BINGO, 50/50 Drawing
19. 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table		20. 9:30a Coffee Hour, 9:30a Veterans Social, 10a Knit & Crochet, 11a Cardio Drumming, 12:30p Euchre Foot Clinic		21. 9:30a Coffee Hour, 12:30p Card Bingo	22. 9:30a Coffee Hour, 12:30p Texas Hold-em or Cards, 12:30p Bingocize, Hand Massages	23. 11:30a Music 2 Beats, 12:30p Card BINGO, 50/50 Drawing
26. 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table		27. 9:30a Coffee Hour, 10a Knit & Crochet, 11a Cardio Drumming, 12:30p Euchre		28. 9:30a Coffee Hour, 12:30p Card Bingo	29. 9:30a Coffee Hour, 12:30p Texas Hold-em or Cards, 12:30p Bingocize	

ALL Charlevoix County Senior Center Menus

All Senior Center Locations Menu February 2024 (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
Soups are served M, W, F with your meal. Side Salads are served T, Th with your meal. Alternative Meal for Week: Chicken Salad Croissant	Sandwich Wrap and Salad Bar Station available Tuesdays and Thursdays in East Jordan & Boyne as a Meal Alternative.	We added some fun new meals to try as well as some of our most popular meals.	1. Hamburger & Onion Stroganoff, Buttered Noodles, Mixed Vegetables, Side Salad, Fruit	2. GROUNDHOG DAY—THINK SPRING Chicken Cobb Salad, Diced Eggs, Diced Bacon, Diced Tomatoes, Slice of Avocado, Homemade Ranch, Fruit
5. Sloppy Joes w/cheese, Pretzel Bun, Ranch Wedge Potatoes, Vegetable, Fruit Alternative Meal for Week: Chicken BLT Wrap	6. Pay A Compliment Day Sweet & Sour Pork Nuggets over Rice, Oriental Vegetables, Egg Roll, Fruit	7. Rose Day Frankenmuth Style Fried Chicken, Mashed Potatoes & Gravy, Green Beans, Fruit	8. Beef Lasagna, Garlic Bread, Tossed Salad, Fruit	9. SOUPER BOWL DAY Kelly's Onion & Swiss Soup (for the AFC) &/or Zach's Rueben Soup (for the NFC), Cheese & Bacon Potato Skins, Baby Carrots & Ranch Dip, Fruit
12. Breaded Chicken Cordon Blue Sandwich, Ham, Swiss Cheese, Sweet Potato Fries, Garden Vegetable, Fruit Alternative Meal for Week: Tuna Pasta Salad	13. MARDIS GRAS Celebration Chicken & Sausage Mild Jambalaya, Rice, Diced Tomatoes, Fruit, PACZKIS!	14. VALENTINE'S DAY Celebration Roast Turkey, Mashed Potatoes & Gravy, Fresh Vegetables, Fruit, Special Dessert	15. Ham, Spinach & Swiss Quiche, Rosemary Potatoes, Blueberry Muffin, Side Salad, Fruit	16. Do A Grouch A Favor Day Four Cheese Macaroni & Cheese, Stewed Tomatoes, Green Beans, Fruit
19. ALL COA OFFICES AND SENIOR ENTERS ARE CLOSED IN OBSERVANCE OF PRESIDENTS DAY Alternative Meal for Week: Roast Beef & Cheddar Wrap	20. Comfy Day Chicken or Veal Parmesan, Pasta Marinara, Garden Vegetables, Fruit	21. Pork Loin with Gravy, Scalloped Potatoes, Garden Vegetable, Fruit	22. Ground Sirloin Patty, Mushroom Gravy, Mashed Potatoes, Fresh Vegetables, Tossed Salad, Fruit	23. Banana Bread Day Cooks Choice or Pollock Almondine, Potato, Fresh Vegetable, Fruit
26. Polish Sausage & Sauerkraut, Soft Bun, Tater Tots, Vegetable Medley, Fruit Alternative Meal for Week: Veggie Pizza Wrap	27. UP Beef Poutine, Shredded Beef, Cheese Curds, Red Skin Potato Wedges, Small Spinach Salad with Raspberry Vinaigrette, Fruit	28. Snow Shoe Day Cheesy Chicken & Broccoli Rice Casserole, Breadstick, Side Salad, Fruit	29. LEAP YEAR DAY Mom's Meatloaf, Mashed Potatoes & Gravy, Garden Vegetable, Tossed Salad, Fruit	ALL MEALS INCLUDE MILK, BREAD & BUTTER, 2 VEGGIES & A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE

Charlevoix Activity Calendar

Charlevoix Senior Center Activities for February 2024

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 Monday—Friday Tech Tuesdays @ Charlevoix Library by appt. Only		1. 9a Coffee Talk, Walkers, 1p Games/Puzzles , 1:30p Advanced Pickleball , 2p Charlevoix Cinema Matinee	2. 8-9a Safe Haven Free Breakfast Club , 9a Coffee Talk, Walkers, 10a Crafts , 11:45a Ground Hog Day Winner Announced, 1p Games/Puzzles , 12:30p Cardio Drumming , 1:30p Open Pickleball
8. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball , 11a Card Bingo, 12:30p Cardio Drumming , 1p Games/Puzzles , 2p Beginners/Intermediate Pickleball	9. 8-9a Safe Haven Free Breakfast Club , 9a Coffee Talk, Walkers, 12:30p Veteran's Social & Free Lunch , 12:30p COA Movie Day , 1p Games/Puzzles , 1p Mahjong , 1:30 Advanced Pickleball , 4p Yoga	7. 9a Coffee Talk, Walkers, 10:30a Advanced Care Planning Series , 12:30p Bridge, 12:30a Advanced Care Planning Series , 1p Games/Puzzles , 2p Beginners/Intermediate Pickleball	8. 9a Coffee Talk, Walkers, 9a Yoga , 9:30a Tai Chi/Matter of Balance, 10:15a Chair Yoga , 1p Games/Puzzles , 1:30p Advanced Pickleball , 2p Charlevoix Cinema Matinee	9. 8-9a Safe Haven Free Breakfast Club , 9a Coffee Talk, Walkers, 10a Crafts , 1p Games/Puzzles , 12:30p Cardio Drumming , 1:30p Open Pickleball
15. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball , 11a Card Bingo, 12:30p Cardio Drumming , 1p Games/Puzzles , 2p Beginners/Intermediate Pickleball	16. 8-9a Safe Haven Free Breakfast Club , 9a Coffee Talk, Walkers, 12:30p COA Movie Day , 1p Games/Puzzles , 1p Mahjong , 1:30 Advanced Pickleball , 4p Yoga	14. 9a Coffee Talk, Walkers, 11:30a Music by Dolph , 12:30p Bridge, 1p Games/Puzzles , 2p Beginners/Intermediate Pickleball	15. 9a Coffee Talk, Walkers, 9a Yoga , 9:30a Tai Chi/Matter of Balance, 10:15a Chair Yoga , 1p Games/Puzzles , 1:30p Advanced Pickleball , 2p Charlevoix Cinema Matinee	16. Celebration Day Ice Cream Social 11:45a 8-9a Safe Haven Free Breakfast Club , 9a Coffee Talk, Walkers, 10a Crafts , 1p Games/Puzzles , 12:30p Cardio Drumming , 1:30p Open Pickleball
22. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball , 11a Card Bingo, 12:30p Cardio Drumming , 1p Games/Puzzles , 2p Beginners/Intermediate Pickleball	23. 8-9a Safe Haven Free Breakfast Club , 9a Coffee Talk, Walkers, 12:30p COA Movie Day , 1p Games/Puzzles , 1p Mahjong , 1:30 Advanced Pickleball , 4p Yoga	22. 9a Coffee Talk, Walkers, 11a Hand Massages , 12:30p Bridge, 1p Cooking for One (Two), 1p Games/Puzzles , 2p Beginners/Intermediate Pickleball	22. 9a Coffee Talk, Walkers, 9a Yoga , 9:30a Tai Chi/Matter of Balance, 10:15a Chair Yoga , 1p Games/Puzzles , 1:30p Advanced Pickleball , 2p Charlevoix Cinema Matinee	23. 8-9a Safe Haven Free Breakfast Club , 9a Coffee Talk, Walkers, 10a Crafts , 1p Games/Puzzles , 12:30p Cardio Drumming , 1:30p Open Pickleball
29. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball , 11a Card Bingo, 12:30p Cardio Drumming , 1p Games/Puzzles , 2p Beginners/Intermediate Pickleball	30. 8-9a Safe Haven Free Breakfast Club , 9a Coffee Talk, Walkers, 12:30p COA Movie Day , 1p Games/Puzzles , 1p Mahjong , 1:30 Advanced Pickleball , 4p Yoga	28. 9a Coffee Talk, Walkers, 12:30p Bridge, 1p Cooking for One (Two), 1p Games/Puzzles , 2p Beginners/Intermediate Pickleball	29. 9a Coffee Talk, Walkers, 9a Yoga , 9:30a Tai Chi/Matter of Balance, 10:15a Chair Yoga , 1p Games/Puzzles , 1:30p Advanced Pickleball , 2p Charlevoix Cinema Matinee	

Medicare Advantage Open Enrollment Period (Jan 1st – Mar 31st)

Beneficiaries who began 2024 enrolled in a Medicare Advantage (MA) plan have an additional opportunity to switch MA plans or disenroll from an MA plan and enroll in traditional Medicare with a Part D prescription drug plan during the first 3 months of the calendar year, ending on March 31st. This enrollment opportunity is called the Medicare Advantage Open Enrollment Period. This enrollment period is only available to people enrolled in an MA plan – not to individuals who are in traditional Medicare and a stand-alone Part D plan. Please note that you can only make one change during this period. Changes will take effect on the first of the month after the plan gets your request.

Michigan Medicare/Medicaid Assistance Program (MMAP) can help with navigating this! Please contact them today for assistance! Call MMAP at 1-800-803-7174 or Kevin Clements at 231-237-0103 to make changes.

Nutrition Tips for Ages 60+

Eating habits change throughout the life span. Learn how the foods and drinks choose each day help you meet daily nutrient needs, maintain a healthy body weight, manage and reduce the risk of chronic disease.

Eat seafood, dairy or fortified soy alternatives, beans, peas, and lentils to help maintain muscle mass. Add fruits and vegetables to your meals and snacks. If slicing and chopping is a challenge, choose frozen, canned, or ready-to-eat options.

Turn eating into a social event. Meals are more enjoyable when you eat with others. Invite friends to join you or take part in a potluck at least twice a week. Some community centers and places of worship offer meals that are shared with others. There are many ways to make mealtimes pleasing.

The body’s ability to absorb vitamin B12 can decrease with age. Taking certain medicines can also lower absorption. Eating enough protein and fortified foods can help the body get the vitamin B12 it needs. Speak with your healthcare provider to learn if you should take supplements and what is right for you.

If you use or are thinking about taking dietary supplements, talk about this with your healthcare provider to learn what is right for you. This includes nutrition supplement drinks, which can have added sugars.

Source: <https://www.myplate.gov/life-stages/older-adults>

Safe Haven Sponsored Breakfast Club Menu February 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

6. Hot Breakfast: Breakfast Casserole: Eggs, Cheese, Sausage, Potatoes, Peppers & Onions All Breakfasts include Yogurt & Orange Juice	2. FRIDAY BIG Hot Breakfast: 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions All Breakfasts include Fresh Fruit, Maple Syrup, & Milk
13. Hot Breakfast: Breakfast Burrito: Eggs, Diced Bacon, Cheese, Pico De Gallo, served with Cheesy Tater Tots All Breakfasts include Yogurt & Orange Juice	9. FRIDAY BIG Hot Breakfast: 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions All Breakfasts include Fresh Fruit, Maple Syrup, & Milk
20. Hot Breakfast: French Toast, 2 Slices Bacon, Scrambled Eggs, served with Hashbrowns All Breakfasts include Yogurt & Orange Juice	16. FRIDAY BIG Hot Breakfast: 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions All Breakfasts include Fresh Fruit, Maple Syrup, & Milk
27. Hot Breakfast: Biscuits with Sausage & Gravy, 1 Oven Baked Egg, Warm Applesauce All Breakfasts include Yogurt & Orange Juice	23. FRIDAY BIG Hot Breakfast: 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions All Breakfasts include Fresh Fruit, Maple Syrup, & Milk

Just for fun
VALENTINE WORD SEARCH

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

LOVE	CHOCOLATE	CANDY
POETRY	FLOWERS	RED
SECRET ADMIRER	BE MINE	LETTERS
ROMANCE	HOLIDAY	SWEETHEARTS
VALENTINE CARD	COURTSHIP	FEBRUARY 14
KISSES	ROSES	RIBBON

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.

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!

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.