

# 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

### JANUARY 2024 NOTABLE DATES

- 1 *New Year's Day*
- 2 *Science Fiction Day*
- 3 *Chocolate Covered Cherry Day*
- 4 *Spaghetti Day*
- 5 *Bird Day*
- 6 *Take Down the Christmas Tree Day*
- 7 *I'm Not Going To Take It Anymore Day*
- 8 *Clean Off Your Desk Day*
- 9 *Apricot Day*
- 10 *Cut Your Energy Costs Day*
- 11 *Learn Your Name in Morse Code Day*
- 12 *Hot Tea Day*
- 13 *Make Your Dreams Come True Day*
- 14 *Organize Your Home Day*
- 15 *Hat Day*
- 16 *Nothing Day*
- 17 *Ditch New Year's Resolutions Day*
- 18 *Gourmet Coffee Day*
- 19 *Popcorn Day*
- 20 *Use Your Gift Card Day*
- 21 *Hugging Day*
- 22 *Blonde Brownie Day*
- 23 *Pie Day*
- 24 *Belly Laugh Day*
- 25 *Opposite Day*
- 26 *Fun at Work Day*
- 27 *Chocolate Cake Day*
- 28 *Kazoo Day*
- 29 *Puzzle Day*
- 30 *Plan for a Vacation Day*
- 31 *Backwards 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.



**THERE IS SO MUCH HOPE IN A LITTLE FLOWER...SURROUNDED BY SNOW.**

## Director's CORNER



COA. Where Can I Get Information... The COA has a webpage on the Charlevoix County website-[www.charlevoixcounty.org](http://www.charlevoixcounty.org), Facebook and Instagram account, monthly Senior Hi-Lites section of the Charlevoix County News the fourth week of the month, monthly education handouts and coming to the Center for Site Coordinator announcements before the meal are the best ways to keep up to date on what is happening at your Center!

We would also welcome you to pick up the phone and call any of our locations or the COA Offices to get your questions answered.

We are here for you. We are THE Aging Community resource and can either assist you directly or refer you to someone who can help you with your situation or need.

This NEW Year look for some NEW things being added to our menus and activities in and out of our centers. Some of these are:

- A Pasta Bar Service as a meal choice, More Holiday Celebrations, More Locally sourced foods, More resources like bring The Secretary of State Mobile Unit to our sites for ease of use, More programs like American Rosie the Riveter Association - The Cheboygan/Emmet County Chapter of the American Rosie the Riveter Association, More fun and More positive vibes!

We want you to share with us the things you are interested in so that we can better meet your needs and wants to best way we can.

## 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  
Arlene Wilson, CNA  
OPEN, CNA/Homemaker  
Kim Crandell, Homemaker  
Rhonda Whiteford, Homemaker

**COA Advisory Board**  
Wanda Carr - Chair; Harry Wilson, 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!**

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

Visit our Website: [www.charlevoixcounty.org/Commission\\_on\\_Aging](http://www.charlevoixcounty.org/Commission_on_Aging) or our Facebook page "Charlevoix County Commission on Aging"



# Boyne Area Activity Calendar

Boyne Area Senior Center Location Activities for January 2022—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
1. All COA Offices & Senior Centers are Closed in Observance of New Years.	2. All COA Offices & Senior Centers are Closed in Observance of New Years.	3. 10a Corn Hole, 10a Wii Bowling, 12:30p Card/ Table Games	4. 10a Line Dancing, 12:30p Card BINGO, Afternoon Knit/ Crochet/Crafts, Card/Table Games, Foot Clinic	5. 10a Cardio Drumming, 11a Music
8. 10A Cardio Drumming, 12:30 BINGO, 1p Cards/ Table Games	9. 10:30a BASC Building Board Mtg	10. 10a Corn Hole, 10a Wii Bowling, 12:30p Card/ Table Games	11. 10a Line Dancing, 12:30p Card BINGO, Afternoon Knit/ Crochet/Crafts, Card/Table Games	12. 10a Cardio Drumming, 11a Music
15. All COA Offices & Senior Centers are Closed in Observance of MLK Day.	16. 10a Line Dancing, 12:30p BINGO, 1p Cards/ Table Games, Foot Clinic	17. 10a Wii Bowling, 10a Corn Hole, 12:30p Card BINGO	18. 10a Line Dancing, 12:30p Card BINGO, Afternoon Knit/ Crochet/Crafts, Card/Table Games	19. Celebration Day, 9:30a Cardio Drumming, 11:30a Music
22. 10A Cardio Drumming, 12:30 BINGO, 1p Cards/Table Games	23. 10a Line Dancing, 12:30p BINGO, 1p Cards/ Table Games	24. 10a Corn Hole, 10a Wii Bowling, 12:30p Knit/ Crochet Group	25. 10a Line Dancing, 12:30p Card BINGO, Afternoon Knit/ Crochet/Crafts, Card/Table Games, Foot Clinic	26. 10a Cardio Drumming, 11a Music
29. 10A Cardio Drumming, 12:30 BINGO, 1p Cards/Table Games	30. 9a Veteran's Social, 10a Line Dancing, 12:30p BINGO, 1p Cards/Table Games	31. 10a Corn Hole, 10a Wii Bowling, 12:30p Card/ Table Games	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. Coffee everyday at 9:30a

# East Jordan Activity Calendar

East Jordan Senior Center Location Activities for January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED IN OBSERVANCE OF NEW YEARS	2. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED IN OBSERVANCE OF NEW YEARS	3. 9:30a Coffee Hour, 12:30p Card Bingo	4. Hair Cuts \$\$, 9:30a Coffee Hour, 12:30p Texas Hold-em or Cards, 12:30p Bingocize	5. Celebration Day Ice Cream Social 11:30a Music Barry Loper, 12:30p Card BINGO, 50/50 Drawing
8. 9:30a Coffee Hour, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	9. 9:30a Coffee Hour, 10a Knit & Crochet, 11a Cardio Drumming, 12:30p Euchre	10. 9:30a Coffee Hour, 12:30p Card Bingo	11. 9:30a Coffee Hour, 12:30p Texas Hold-em or Cards, 12:30p Bingocize Foot Clinic	12. 11:30a Music OJ Adkins, 12:30p Card BINGO, 50/50 Drawing
15. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED IN OBSERVANCE OF MLK DAY	16. 9:30a Coffee Hour, 10a Knit & Crochet, 11a Cardio Drumming, 12:30p Euchre Foot Clinic	17. 9:30a Coffee Hour, 12:30p Card Bingo	18. 9:30a Coffee Hour, 10a EJSC Advisory Board, 12:30p Texas Hold-em or Cards, 12:30p Bingocize, Hand Massages	19. 11:30a Music \$ in a Juke Box, 12:30p Card BINGO, 50/50 Drawing
22. 9:30a Coffee Hour, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	23. 9:30a Coffee Hour, 9:30a Veterans Social, 10a Knit & Crochet, 11a Cardio Drumming, 12:30p Euchre Foot Clinic	24. 9:30a Coffee Hour, 12:30p Card Bingo	25. 9:30a Coffee Hour, 12:30p Texas Hold-em or Cards, 12:30p Bingocize	26. 11:30a Music 2 Beats, 12:30p Card BINGO, 50/50 Drawing
29. 9:30a Coffee Hour, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	30. 9:30a Coffee Hour, 10a Knit & Crochet, 11a Cardio Drumming, 12:30p Euchre	31. 9:30a Coffee Hour, 12:30p Card Bingo	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

# ALL Charlevoix County Senior Center Menus

All Senior Center Locations Menu January 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
<p>1. <b>ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED IN OBSERVANCE OF NEW YEARS</b> Alternative Meal for Week: Corned Beef &amp; Swiss on Rye</p>	<p>2. <b>ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED IN OBSERVANCE OF NEW YEARS</b></p>	<p>3. Cooks Choice, Potato, Fresh Vegetable, Fruit</p>	<p>4. Large Turkey Meatball with Onion Gravy, Mashed Potatoes, Fresh Vegetable, Fruit</p>	<p>5. <b>National Bird Day</b> Pepper Steak, Colored Peppers, Onions, Seasoned Rice, Fruit</p>
<p>8. Breaded Chicken Strips, Tater Tots, BBQ Sauce, Vegetable Medley, Fruit Alternative Meal for Week: Shrimp Pasta Salad</p>	<p>9. <b>National Apricot Day</b> Baked Ham Dinner, Sweet Potatoes with Marshmallows, Vegetable Medley, Fruit</p>	<p>10. Grilled Cheese, Tomato Soup, Hard Boiled Egg, String Cheese, Fruit</p>	<p>11. <b>NEW Pasta Bar!</b> 2 kinds of pasta, Alfredo Sauce, Marinara Sauce, Sliced Sausage, Diced Chicken, Diced Broccoli, Fruit</p>	<p>12. <b>National Hot Tea Day</b> Liver &amp; Onions or Beef Fritter, Mashed Potatoes and Gravy, Garden Vegetables, Fruit</p>
<p>15. <b>ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR DAY</b> Alternative Meal for Week: Roast Beef Wrap</p>	<p>16. <b>National Nothing Day</b> Cooks Choice, Potato, Fresh Vegetable, Fruit</p>	<p>17. Teriyaki Marinated Pork Chop with Pineapple, Scalloped Potatoes, Garden Vegetable, Fruit</p>	<p>18. <b>Nacho Day!</b> Taco Meat &amp; Cheese, Roasted Corn &amp; Rice, Tortilla Chips, Salsa, Sour Cream, Fruit</p>	<p>19. <b>National Popcorn Day</b> New England Clam Chowder, Grilled Chicken Caesar Salad Kit, Oyster Crackers, Fruit</p>
<p>22. Mushroom Swiss Hamburger, Bun, Wedge Fries, Fruit Alternative Meal for Week: Cottage Cheese, Fresh Vegetable, Fruit Tray</p>	<p>23. <b>National Pie Day</b> Chicken Pot Pie, Stew Vegetables, Biscuit Topping, Fruit</p>	<p>24. Open Faced Turkey Reuban (Rachel), Coleslaw, Tater Tots, Fruit</p>	<p>25. <b>National Opposite Day</b> Mom's Meatloaf, Mashed Potatoes &amp; Gravy, Vegetable Medley, Fruit</p>	<p>26. <b>National Fun at Work Day</b> Chicken Lasagna, Garlic Bread Stick, Vegetables, Fruit</p>
<p>29. Ham &amp; Cheese Stromboli, Side of Pasta Alfredo, Vegetable Medley, Fruit Alternative Meal for Week: Chicken Salad Croissant</p>	<p>30. Orange Ginger Chicken, Brown Rice, Steamed Broccoli, Fortune Cookie, Fruit</p>	<p>31. <b>National Backwards Day</b> BBQ Pulled Pork Plate, Baked Beans, Corn Bread, Fruit</p>	<p>Sandwich Wrap and Salad Bar Station available Tuesdays and Thursdays in East Jordan &amp; Boyne as a Meal Alternative.</p>	<p><b>ALL MEALS INCLUDE MILK, BREAD &amp; BUTTER, 2 VEGGIES &amp; A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE</b> Soups are served 3 days a week with your meal.</p>

## Charlevoix Activity Calendar

### Charlevoix Senior Center Activities for January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1. <b>ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED IN OBSERVANCE OF NEW YEARS</b></p>	<p>2. <b>ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED IN OBSERVANCE OF NEW YEARS</b></p>	<p>3. 9a Coffee Talk, Walkers, 9a Yoga, 10:15a Chair Yoga, 12:30p Veteran's Social &amp; Free Lunch, 12:30p Bridge, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball</p>	<p>4. 9a Coffee Talk, Walkers, 1p Games/Puzzles, 1:30p Advanced Pickleball, 2p Movie Day @Charlevoix Cinema</p>	<p>5. <b>8-9a Safe Haven Free Breakfast Club</b>, 9a Coffee Talk, Walkers, 10a Crafts, 1p Games/Puzzles, 12:30p Cardio Drumming, 1:30p Open Pickleball</p>
<p>8. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 11a Card Bingo, 12:30p Cardio Drumming, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball</p>	<p>9. <b>8-9a Safe Haven Free Breakfast Club</b>, 9a Coffee Talk, Walkers, 1p Games/Puzzles, 1p Mahjong, 1p Movie/TV in COA Room, 1:30 Advanced Pickleball, 4p Yoga, Foot Clinic</p>	<p>10. 9a Coffee Talk, Walkers, 9a Yoga, 10:15a Chair Yoga, 12:30p Bridge, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball</p>	<p>11. 9a Coffee Talk, Walkers, 1p Games/Puzzles, 1:30p Advanced Pickleball, 2p Movie Day @Charlevoix Cinema</p>	<p>12. <b>8-9a Safe Haven Free Breakfast Club</b>, 9a Coffee Talk, Walkers, 10a Crafts, 1p Games/Puzzles, 12:30p Cardio Drumming, 1:30p Open Pickleball</p>
<p>15. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 11a Card Bingo, 12:30p Cardio Drumming, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball</p>	<p>16. <b>8-9a Safe Haven Free Breakfast Club</b>, 9a Coffee Talk, Walkers, 1p Games/Puzzles, 1p Mahjong, 1p Movie/TV in COA Room, 1:30 Advanced Pickleball, 4p Yoga</p>	<p>17. 9a Coffee Talk, Walkers, 9a Yoga, 10:15a Chair Yoga, 11a Hand Massages, 12:30p Bridge, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball</p>	<p>18. 9a Coffee Talk, Walkers, 1p Games/Puzzles, 1:30p Advanced Pickleball, 2p Movie Day @Charlevoix Cinema, Foot Clinic</p>	<p>19. <b>Celebration Day Ice Cream Social</b> <b>8-9a Safe Haven Free Breakfast Club</b>, 9a Coffee Talk, Walkers, 10a Crafts, 1p Games/Puzzles, 12:30p Cardio Drumming, 1:30p Open Pickleball</p>
<p>22. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 11a Card Bingo, 12:30p Cardio Drumming, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball</p>	<p>23. <b>8-9a Safe Haven Free Breakfast Club</b>, 9a Coffee Talk, Walkers, 1p Games/Puzzles, 1p Mahjong, 1p Movie/TV in COA Room, 1:30 Advanced Pickleball, 4p Yoga</p>	<p>24. 9a Coffee Talk, Walkers, 9a Yoga, 10:15a Chair Yoga, 12:30p Bridge, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball</p>	<p>25. 9a Coffee Talk, Walkers, 1p Games/Puzzles, 1:30p Advanced Pickleball, 2p Movie Day @Charlevoix Cinema Dress Like Your Favorite</p>	<p>26. <b>8-9a Safe Haven Free Breakfast Club</b>, 9a Coffee Talk, Walkers, 10a Crafts, 1p Games/Puzzles, 12:30p Cardio Drumming, 1:30p Open Pickleball</p>
<p>29. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 11a Card Bingo, 12:30p Cardio Drumming, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball</p>	<p>30. <b>8-9a Safe Haven Free Breakfast Club</b>, 9a Coffee Talk, Walkers, 1p Games/Puzzles, 1p Mahjong, 1p Movie/TV in COA Room, 1:30 Advanced Pickleball, 4p Yoga</p>	<p>31. 9a Coffee Talk, Walkers, 9a Yoga, 10:15a Chair Yoga, 12:30p Bridge, 1p Games/Puzzles, 2p Beginners/Intermediate Pickleball</p>	<p>Charlevoix Center 13513 Division Ave, Charlevoix Site Coordinator: Vikki 231-547-3844</p>	<p>Charlevoix Location Only: 11:30a-12:30p Sandwich and Salad Bar available for Lunch Monday—Friday Tech Tuesdays @ Charlevoix Library by appt. only</p>

# Part D Appeals: What to do when your medication isn't covered

## Part D appeals at a glance:

- If your plan won't cover your medication, you can appeal the decision.
- The process is the same whether you get your drug coverage through a stand-alone Part D plan or a Medicare Advantage Plan.
- Instructions for how to appeal will always be on your denial notice.
- Your doctor can appeal on your behalf or write a letter of support to help your appeal, but they aren't required to do so.
- There is more than one level of appeal, and you have the right to continue appealing if you aren't successful at the first level.
- Keep documentation throughout and pay attention to deadlines.

## Read your Medicare statements to find potential fraud, errors, or abuse.

An Explanation of Benefits (EOB) is the statement that your Medicare Advantage Plan or Part D prescription drug plan typically sends you after you receive medications, services, or items. An EOB is not a bill.

An EOB is also different from a Medicare Summary Notice (MSN), which you receive if you have Original Medicare. You may receive both statements if you have Original Medicare and a stand-alone Part D plan—an MSN for your Original Medicare and an EOB for your Part D plan.

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.

**Safe Haven Sponsored Breakfast Club Menu January 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><b>2. NO BREAKFAST: Charlevoix County Offices, COA Offices and Senior Centers are all CLOSED today in Observance of New Years</b></p>	<p><b>5. FRIDAY BIG Hot Breakfast:</b> 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions</p> <p><i>All Breakfasts include Fresh Fruit, Maple Syrup, &amp; Milk</i></p>
<p><b>9. Hot Breakfast:</b> Breakfast Casserole: Eggs, Cheese, Sausage, Potatoes, Peppers &amp; Onions</p> <p><i>All Breakfasts include Yogurt &amp; Orange Juice</i></p>	<p><b>12. FRIDAY BIG Hot Breakfast:</b> 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions</p> <p><i>All Breakfasts include Fresh Fruit, Maple Syrup, &amp; Milk</i></p>
<p><b>16. Hot Breakfast:</b> Breakfast Burrito: Eggs, Diced Bacon, Cheese, Pico De Gallo, served with Cheesy Tater Tots</p> <p><i>All Breakfasts include Yogurt &amp; Orange Juice</i></p>	<p><b>19. FRIDAY BIG Hot Breakfast:</b> 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions</p> <p><i>All Breakfasts include Fresh Fruit, Maple Syrup, &amp; Milk</i></p>
<p><b>23. Hot Breakfast:</b> French Toast, 2 Slices Bacon, Scrambled Eggs, served with Hashbrowns</p> <p><i>All Breakfasts include Yogurt &amp; Orange Juice</i></p>	<p><b>26. FRIDAY BIG Hot Breakfast:</b> 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions</p> <p><i>All Breakfasts include Fresh Fruit, Maple Syrup, &amp; Milk</i></p>

## Just for fun

### January Word Search

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

- |             |               |           |         |
|-------------|---------------|-----------|---------|
| Boots       | Scarf         | Coat      | Gloves  |
| Hibernation | Ice           | Icicle    | Snowman |
| Arctic      | Polar Bear    | Snowflake | Frost   |
| Penguin     | Hot Chocolate | Cold      | Snow    |
| January     | Mitten        |           |         |

**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.