

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!



“AND THEN, ONE FAIRY NIGHT, MAY BECAME JUNE. ~ F. SCOTT FITZGERALD

Director's CORNER



Medications: Dementia Safety

If you are living with dementia or caring for a person living with dementia below are some of the common dementia medication risks and tips to help.

Early Stages - Risks

Forgetting to take or taking too much medication. Forgetting to refill prescriptions.

Mixing up medications like taking morning medications at night.

Organization mistakes like putting too many of one pill into one pillbox slot.

What Caregivers Can Do

People in early stages typically need ways to help organize medications. The amount of help needed will depend on the person.

Watch for signs. For example, are the number of pills in the bottle not going down? Is their behavior out of the ordinary?

Talk to their doctor or pharmacist. They can review the medications with you and how they're supposed to be taken. Learn what each medication is for and what could happen if mistakes are made.

Create a routine. It will help them remember to take medications on time and in the right way, like with food. Write it down and keep it in a place where they'll see it.

Monitor from a distance. If they organize their own pills, watch carefully to see how they're organizing their medications. You can also organize nonmedical home health services for ongoing support.

Use reminders. Call to remind them or leave post-it note reminders.

Tips

Keep a steady supply. Enroll in a pill refill service or have medications dropped off.

Do it together. Meet once per week to help organize pills. Or, line up something in your routine with their medication time.

Make it simpler. Some examples include:

Automated pill dispensers or pill boxes with alarms or locks for dosing.

Get blister packs from the pharmacy.

Set alarms with labels like "give mom morning pills."

Safety Tip

Medications should be regularly reviewed by a doctor or pharmacist to check for safety risks like duplicate medications, drug interactions, or side effects like dizziness.

The Charlevoix County Commission on Aging wants to help support you in this process.

We have available Medication lock boxes and Medication disposal pouches!

You can also take your expired medications to the local Sheriff's office and dispose of unused medication in the Pill Pods.

The Commission on Aging is an underutilized resource for support as you age. Pick up the phone, or stop in and see what we are all about. You can also follow us on Facebook and Instagram for the most up to date happenings and events.

We are changing what aging feels like and looks like in Charlevoix County and what you to have all you need to be successful in living a fulfilled happy life as you age!

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
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
?, Paul 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

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

JUNE 2024 NOTABLE DATES

- 1 **Go Barefoot Day**
- 2 **Leave Work Early Day**
- 3 **Bicycle Day**
- 4 **Hug Your Cat Day**
- 5 **Gingerbread Day**
- 6 **Drive-In Movie Day**
- 7 **Chocolate Ice Cream Day**
- 8 **Best Friends Day**
- 9 **Strawberry-Rhubarb Pie Day**
- 10 **Herbs and Spices Day**
- 11 **Say "Hi" Day**
- 12 **Peanut Butter Cookie Day**
- 13 **Weed Your Garden Day**
- 14 **Flag Day**
- 15 **Nature Photography Day**
- 16 **Father's Day**
- 17 **Apple Strudel Day**
- 18 **Picnic Day**
- 19 **Juneteenth Day**
- 20 **Summer Begins!!**
- 21 **Selfie Day**
- 22 **Onion Ring Day**
- 23 **Pink Flamingo Day**
- 24 **Swim A Lap Day**
- 25 **Color TV Day**
- 26 **Forgiveness Day**
- 27 **Sunglasses Day**
- 28 **Food Truck Day**
- 29 **Handshake Day**
- 30 **Log Cabin 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.



Boyerne Area Activity Calendar

Boyerne Area Senior Center Activities for June 2024—Krista @ 231-582-6682

Monday	Tuesday	Wednesday	Thursday	Friday
3. 8a Sunshine Club Coffee Hour, 9a Cardio Drumming, 10a Superstars Meeting, 11a Weekly Crosswords, 12p National Cheese Day Presentation, 12:30p BINGO, 1p Doily Dreamcatcher Craft, 2p Cards/Table Games	4. 9a Line Dancing, 11a Tuesday Trivia, 12:30p BINGO, 1p Tai Chi w/ Gretchen, 2p Cards/Table Games Foot Clinic	5. 11a Sunshine Club Coffee Hour, 12p Popcorn & Movie— "Chicago", 2p Cards/Board Games, 3p Roulette & Poker w/ Prizes, 4p Roaring 20's Photo Booth & Find the 20's Activity, 4:30p Music Michigan Sands, 5p Prom Court & Voting, 5:30p King & Queen of Prom Announced	6. 9a Line Dancing, 11:30p Music \$1 in a Jukebox, 12:30p BINGO, 1p 80th Anniversary of D-Day Virtual Program, 2p Cards & Games	7. 8a Sunshine Club Coffee Hour, 9a Cardio Drumming, 11:45a Special National Chocolate Ice Cream Day Treat, 12:30p BINGO, 1p Karaoke, 2p Cards & Games
10. 8a Sunshine Club Coffee Hour, 9a Cardio Drumming, 10a Superstars Meeting, 11a Music by Lucky Stars, 11a Weekly Crosswords, 12:30p BINGO, 1p Ladies Facials & Ice Tea Bar, 2p Cards/Table Games	11. 9a Line Dancing, 11a Hand Massages by Shawna, 11:30a Corn Shucking Contest, 12:30p BINGO, 1p Tai Chi w/Gretchen, 2p Cards/Table Games	12. 11a Sunshine Club Coffee Hour, 12p Cards/Games, 2p Wall of Gratitude Activity, 3p "Turkey Shoot" w/ prizes, 4:30p Music Michigan Sands, 6p "Pass the Feast" Game w/prizes	13. 9a Line Dancing, 11a Thursday Trivia, 11:30a Farm Fresh Table Service, 12:30p BINGO, 1p What's Cooking Presentation, 2p Cards/Table Games Foot Clinic	14. Father's Day Celebration, 8a Sunshine Club Coffee Hour, 9a Cardio Drumming, 11a Music by Vintage, 11a Pin the Tie on Dad & Gone Fishing Contest, 12:30p BINGO, 1p Karaoke, 2p Cards & Games
17. 8a Sunshine Club Coffee Hour, 9a Cardio Drumming, 10a Superstars Meeting, 11a Weekly Crosswords, 12:30p BINGO, 1p Homemade & Healthy Class, 2p Cards/Table Games	18. 9a Line Dancing, 11a Tuesday Trivia, 12:30p BINGO, 1p Tai Chi w/ Gretchen, 2p Cards/Table Games	19. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED.	20. 9a Senior Project Fresh, 9a Line Dancing, 12:30p BINGO, 1p Tic Tac Toe Craft, 2p Cards & Games	21. Celebration Day! 8a Sunshine Club Coffee Hour, 9a Cardio Drumming, 11a Music by OJ, 12:30p BINGO, 1p Karaoke, 2p Cards & Games
24. 8a Sunshine Club Coffee Hour, 9a Cardio Drumming, 10a Superstars Meeting, 11a Music by Lucky Stars, 11a Weekly Crosswords, 12:30p BINGO, 1p Patriotic Lantern Craft, 2p Cards/ Table Games	25. 9:30a Veterans Social & Free Lunch, 11a Tuesday Trivia, 12:30p BINGO, 1p Tai Chi w/Gretchen, 2p Cards/ Table Games Foot Clinic	26. 11a Sunshine Club Coffee Hour, 12p Popcorn & Movie— "The Stepford Wives", 2p Ladies Card Party w/prizes, 4p Mocktail Hour, 4:30p Music \$1 in a Jukebox, 5:30p "Most Dapper Gentleman" & Bubble Gum Blowing Contest w/ prizes	27. 9a Line Dancing, 11:30a Farm Fresh Table Service, 12:30p BINGO, 1p 4th of July Floral Arrangement Class, 2p Cards/Table Games	28. 8a Sunshine Club Coffee Hour, 9a Cardio Drumming, 11a Music by Vintage, 12:30p BINGO, 1p Karaoke, 2p Cards & Games
The BASC is OPEN FULL TIME 8a-4p Mon—Fri with activities all day long! Exercise Room open all day everyday M-F.		Wednesday Night Hours are 11a—7p. Wednesday Night Dinners are served 5p—6p.		Boyerne Area Center 411 East Division St, Boyerne City 231-582-6682 Site Coordinator: Krista Activities are subject to Change.

East Jordan Activity Calendar

East Jordan Senior Center Location Activities for June 2024 — Brenda @ 231-536-7831

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	Wednesday Night Hours are 2p—7p and Wednesday Night Dinners are served from 5p-6p.	Farmer's Market every Thursday	Frozen Meals are available for take home for a \$3.00 donation.
3. 9:30a Coffee Hour, 10a Sewing Repairs, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	4. Open Pickleball 9a-11a, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre	5. 5p Music Barry Loper, 6p Card Bingo	9. 9a Hair Cuts \$\$, Open Pickleball 9a- 11a, 9:30a Coffee Hour, 10:30a Cardio Drumming, 12:30p Texas Hold-em or Cards	7. Celebration Day Ice Cream Social 10:30a Chair Yoga, 11:30a Music Barry Loper, 12:30p Card BINGO, 50/50 Drawing
10. 9:30a Coffee Hour, 10a Sewing Repairs, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	11. Open Pickleball 9a-11a, 9:30a Coffee Hour, 10a Knit & Crochet, 10:30a Headstart Graduation, 12:30p Euchre Foot Clinic	12. 5p Music OJ Adkins, 6p Card Bingo	16. Open Pickleball 9a- 11a, 9:30a Coffee Hour, 10a EJSC Advisory Board, 10:30a Cardio Drumming, 12:30p Texas Hold-em or Cards, Chamber Chat with Mary	14. Father's Day Celebration 10:30a Chair Yoga, 11:30a Music OJ Adkins Juke Box, 12:30p Card BINGO, 50/50 Drawing
17. 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	18. 9a Senior Project Fresh, 9:30a Veterans Social, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre, Foot Clinic	19. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED.	23. Open Pickleball 9a- 11a, 9:30a Coffee Hour, 10:30a Cardio Drumming, 12:30p Texas Hold-em or Cards Foot Clinic	21. 10:30a Chair Yoga, 11:30a \$1 in a Juke Box, 12:30p Card BINGO, 50/50 Drawing
24. 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	25. Open Pickleball 9a-11a, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre	26. 5p Music 2 Beats, 6p Card Bingo	27. Hand Massages, Open Pickleball 9a- 11a, 9:30a Coffee Hour, 10:30a Cardio Drumming, 12:30p Texas Hold-em or Cards	28. 10:30a Chair Yoga, 11:30a Music 2 Beats, 12:30p Card BINGO, 50/50 Drawing

ALL Charlevoix County Senior Center Menus

All Senior Center Locations Menu June 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>ALL MEALS INCLUDE MILK, BREAD & BUTTER, 2 VEGGIES & A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>	<p>Frozen Meals are available to pick up and take home for a \$3 Donation.</p>	<p>Wednesday Night Dinners are back! This means NO LUNCHES at the Senior Centers on Wednesdays for June, July and August.</p>	<p>Wednesday Night Dinners are served from 5p-6p.</p>	<p>Sandwich Wrap and Salad Bar Station available Tuesdays and Thursdays in East Jordan & Boyne as a Meal Alternative.</p>
<p>3. Bacon Cheeseburger, Smiley Fries, Mixed Vegetables, Soup Du Jour, Fruit Alternative Meal for Week: Chicken Salad Croissant</p>	<p>4. Hug Your Cat Day Salmon Patty w/ Alfredo Sauce, Seasoned Rice, Vegetable Medley, Fruit</p>	<p>5. Wednesday Dinner - Senior Prom Mom's Meatloaf, Mashed Potatoes & Gravy, Fresh Carrots, Side Salad, Cherry Pie</p>	<p>6. Drive In Movie Day Chicken Stew, Stew Vegetables, Biscuit, Fruit</p>	<p>7. Smothered Pork Chop, Creamy Mushroom Gravy, Au Gratin Potatoes, Garden Vegetable, Soup Du Jour</p>
<p>10. Garlic Parmesan Wings, Ranch Wedge Fries, Vegetable, Soup Du Jour, Fruit Alternative Meal for Week: Egg Salad BLT Sandwich</p>	<p>11. Nacho Day Taco Seasoned Beef, Cheese Sauce, Rice & Roasted Corn, Tortilla Chips, Salsa Cup, Fruit</p>	<p>12. Wednesday Dinner - Thanksgiving in June Roasted Turkey, Stuffing, Potatoes & Gravy, Green Bean Casserole, Pumpkin Dump Cake</p>	<p>13. Weed Your Garden Day Polish Sausage & Sauerkraut on Bun, Tater Tots, Garden Vegetable, Fruit</p>	<p>14. Father's Day Celebration BBQ Ribs, 1/2 Baked Potato, Sour Cream & Butter, Roasted Carrots, Chocolate Dessert, Soup Du Jour, Fruit</p>
<p>17. Breakfast for Lunch Ham & Cheese Quiche, Hashbrowns, Warm Applesauce, Yogurt Cup, Soup Du Jour Alternative Meal for Week: Tuna Pasta Salad</p>	<p>18. Picnic Day Chicken Lasagna, Garlic Bread, Tossed Salad, Fresh Vegetable, Fruit</p>	<p>19. ALL COA OFFICES & SENIOR CENTERS ARE CLOSED</p>	<p>20. Summer Begins!!! Cooks Choice, Potato, Fresh Vegetable, Fruit</p>	<p>21. Selfie Day Chicken Caprese Salad, Sliced Tomatoes, Sliced Mozzarella, Balsamic Vinaigrette, Soup Du Jour, Fruit</p>
<p>24. Pollock Almondine, Seasoned Rice, Vegetable Medley, Soup Du Jour, Fruit Alternative Meal for Week: Roast Beef Wrap</p>	<p>25. Color TV Day Turkey Rueben (Rachel), Cole Slaw, Tater Tots, Garden Vegetable, Fruit</p>	<p>26. Wednesday Dinner - 1960's Styled Mocktail Party Swiss Steak, Mashed Potatoes & Gravy, Side Salad, Banana Cream Pie</p>	<p>27. Ground Pork Meatball w/ Country Gravy, Scalloped Potatoes, Mixed Vegetable, Fruit</p>	<p>28. Food Truck Day Pizza Bosco Sticks, Homemade Garlic Cheese Dip, Beef Barley Soup, Fruit</p>

Charlevoix Activity Calendar

Charlevoix Senior Center Activities for June 2024—Vikki @ 231-547-3844

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Charlevoix Center 13513 Division Ave, Charlevoix Site Coordinator: Vikki 231-547-3844</p>	<p>Tech Tuesdays @ Charlevoix Library by appt. Only</p>	<p>Wednesday Night Hours are 11a—7p. Dinners are served 5p-6p. There is NO Lunch Services on Wednesday June , July or August.</p>	<p>Thursdays—2p Charlevoix Cinema Matinee</p>	<p>Frozen Meals are available for take home for a \$3.00 donation for those 60 yrs old and older.</p>
<p>3. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 11a Caring for a loved one with Dementia, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Beginners/Intermediate Pickleball</p>	<p>4. 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 10a Bone Builders-Rec Room, 10a Line Dancing, 12:30p Veteran's Day & Free Lunch, 12:30p COA Movie Day w /Popcorn, 1p Games/Puzzles/Euchre/Open Pool, 1p Mahjong, 1:30 Advanced Pickleball</p>	<p>5. 9a Coffee Talk, Walkers, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Beginners/Intermediate Pickleball, 5p Dinner "Senior Prom" Music by Charlie Whittoeft</p>	<p>6. 9a Coffee Talk, Walkers, 9:30a Tai Chi w/Gretchen, 10a Bone Builders-Rec Room, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Advanced Pickleball</p>	<p>7. 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 10a Crafts, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Open Pickleball</p>
<p>10. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Beginners/Intermediate Pickleball</p>	<p>11. 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 10a Bone Builders-Rec Room, 10a Line Dancing, 12:30p COA Movie Day w /Popcorn, 1p Games/Puzzles/Euchre/Open Pool, 1p Mahjong, 1:30 Advanced Pickleball</p>	<p>12. 9a Coffee Talk, Walkers, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Beginners/Intermediate Pickleball, 5p Dinner "Thanksgiving in June" Music by Two Beats</p>	<p>13. 9a Coffee Talk, Walkers, 9:30a Tai Chi w/Gretchen, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Advanced Pickleball</p>	<p>14. Father's Day Celebration 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 10a Crafts, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Open Pickleball</p>
<p>17. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Beginners/Intermediate Pickleball</p>	<p>18. 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 10a Bone Builders-Rec Room, 10a Line Dancing, 11a Hand Massages by Shawna, 12:30p COA Movie Day w /Popcorn 1p Games/Puzzles/Euchre/Open Pool, 1p Mahjong, 1:30 Advanced Pickleball</p>	<p>19. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED</p>	<p>20. 9a Coffee Talk, Walkers, 9:30a Tai Chi w/Gretchen, 10a Bone Builders-Rec Room, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Advanced Pickleball</p>	<p>21. 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 10a Crafts, Celebration Day Ice Cream Social 11:45a, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Open Pickleball</p>
<p>24. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Beginners/Intermediate Pickleball</p>	<p>25. 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 10a Bone Builders-Rec Room, 10a Line Dancing, 12:30p COA Movie Day w /Popcorn 1p Games/Puzzles/Euchre/Open Pool, 1p Mahjong, 1:30 Advanced Pickleball</p>	<p>26. 9a Coffee Talk, Walkers, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Beginners/Intermediate Pickleball, 5p Dinner "Mocktail Party" Music by The Geezer Band</p>	<p>27. 9a Coffee Talk, Walkers, 9:30a Tai Chi w/ Gretchen, 10a Bone Builders-Rec Room, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Advanced Pickleball</p>	<p>28. 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 10a Crafts, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Open Pickleball</p>

2024 Senior Project FRESH IS BACK AGAIN!

Fresh fruits and vegetables available for income-eligible seniors.
Benefits local farmers' markets too!

Eligibility Requirements: 60 years of age and older OR
55 years of age and older AND belongs to a Michigan federally recognized tribe or urban tribal group
Be a Charlevoix County resident
Review nutrition education material handouts

Monthly Total Household Income Guidelines: (185% of poverty or less)
Household size of 1 -- \$2,321.75 or less
Household size of 2 -- \$3,151.17 or less
Household size of 3 -- \$3,980.58 or less

Distribution Sites: Coupons will be distributed on a first come – first served basis, no appointments. If you have questions, please call the Charlevoix County Commission on Aging at (231) 237-0103.

Charlevoix Senior Center (Dining Room)@ Shirley Roloff Center Pine River Place (Community Room)	Monday, June 17, 2024 Monday, June 17, 2024	9:00 am 1:00 pm
East Jordan Senior Center (Dining Room) Lakeview Manor (Community Room)	Tuesday, June 18, 2024 Tuesday, June 18, 2024	9:00 am 1:00 pm
Boyne Area Senior Center (Dining Room) Deer Meadows (Upstairs Community Room) Litzenger Place (Community Room)	Thursday, June 20, 2024 Thursday, June 20, 2024 Thursday, June 20, 2024	9:00 am 1:00 pm 2:30 pm

If you are not able to attend yourself, you can send a proxy. A proxy must be 18 years of age or older and dependable. For the coupons to be issued to a proxy, he/she must present identification AND written approval from the participant. Proxies must sign the coupon book and the coupon register to receive the coupons.

**Safe Haven Sponsored Breakfast Club Menu June 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

4. Hot Breakfast: Breakfast Casserole: Eggs, Cheese, Sausage, Potatoes, Peppers & Onions <i>All Breakfasts include Yogurt & Orange Juice</i>	7. FRIDAY BIG Hot Breakfast: 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions <i>All Breakfasts include Fresh Fruit, Maple Syrup, & Milk</i>
11. Hot Breakfast: Breakfast Burrito: Eggs, Diced Bacon, Cheese, Pico De Gallo & Cheesy Tater Tots <i>All Breakfasts include Yogurt & Orange Juice</i>	14. FRIDAY BIG Hot Breakfast: 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions <i>All Breakfasts include Fresh Fruit, Maple Syrup, & Milk</i>
18. Hot Breakfast: French Toast, Sausage Patty, Scrambled Eggs, served with Hashbrowns <i>All Breakfasts include Yogurt & Orange Juice</i>	21. FRIDAY BIG Hot Breakfast: 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions <i>All Breakfasts include Fresh Fruit, Maple Syrup, & Milk</i>
25. Hot Breakfast: Biscuits with Sausage & Gravy, 1 Oven Baked Egg, Warm Applesauce <i>All Breakfasts include Yogurt & Orange Juice</i>	28. FRIDAY BIG Hot Breakfast: 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions <i>All Breakfasts include Fresh Fruit, Maple Syrup, & Milk</i>

Just for fun



June national days word search printable from Always the Holidays

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

**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 for June, July & August at
The Shamrock Only

Monthly special meals will restart in October.

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.

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.

COCONUT DAY	SELFIE DAY	FOOD TRUCK DAY
JUNETEENTH	EYEWEAR DAY	FATHERS DAY
LGBT PRIDE DAY	YOYO DAY	EGG DAY
GO FISHING DAY	REPEAT DAY	WIDOWS DAY
VCR DAY	UFO DAY	CHEESE DAY
COLOR TV DAY	BLOOD DONOR DAY	OLIVE DAY
MARTINI DAY	GIN DAY	SAFE DAY