

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

WE ARE SENIORS, WE ARE 2 MILLION STRONG & OUR NUMBERS ARE GROWING, WE ADVOCATE AND WE VOTE!



“AUGUST RAIN: THE BEST OF THE SUMMER GONE, AND THE NEW FALL NOT YET BORN. THE ODD UNEVEN TIME.” ~ SYLVIA PLATH

AUGUST 2024 NOTABLE DATES

- 1 Mahjong Day
- 2 Water Balloon Day
- 3 Watermelon Day
- 4 Friendship Day
- 5 Picnic Day
- 6 Root Beer Float Day
- 7 Beach Party Day
- 8 Frozen Custard Day
- 9 Hand Holding Day
- 10 S'mores Day
- 11 Joke Day
- 12 Julienne Fries Day
- 13 Left Handers Day
- 14 Creamsicle Day
- 15 Relaxation Day
- 16 Roller Coaster Day
- 17 Break the Monotony Day
- 18 Never Give Up Day
- 19 Potato Day
- 20 Chocolate Pecan Pie Day
- 21 Cupcake Day
- 22 Be an Angel Day
- 23 Hug Your Sweetheart Day
- 24 Strange Music Day
- 25 Kiss and Make Up Day
- 26 Make Your Own Luck Day
- 27 Rock - Paper - Scissors Day
- 28 Bow Tie Day
- 29 Thoughtful Thursday
- 30 Toasted Marshmallow Day
- 31 Eat Outside Day

Director's CORNER

Did you know that people 60 years and older are more prone to heat stresses (heat stroke & heat exhaustion) than younger people?

There can be many reasons why, but two of the most common are that they are more likely to have chronic medical conditions that change the body's normal heat response and they are more likely to take medications that impair the body's ability to regulate its temperature.

Heat Stroke is when the body become unable to control its temperature. The body temperature rises rapidly, and the body loses its ability to cool down.

Heat exhaustion is a milder form of heat-related illness that can occur after several days of being exposed to high temperatures along with inadequate or unbalanced replacement of fluids.

The signs and symptoms of heat stroke are: An extremely high body temperature (above 103 degrees F); red, hot and dry skin with no sweating; rapid, strong pulse; throbbing headache; dizziness; and nausea.

Heat exhaustion can also be a sign or symptom of an oncoming heat stroke.

The signs and symptoms for heat exhaustion are: Heavy sweating; paleness; muscle cramps; tiredness; weakness; dizziness; headache; nausea or vomiting; fainting; breathing fast and shallow; fast and weak pulse and the skin may be cool and moist.

Protect yourself by drinking cool, nonalcoholic beverages; rest; take cool showers or baths; seek an air-conditioned environment;



wear lightweight clothing; remain indoors in the heat of the day and do not engage in strenuous activities.

If your doctor limits the amount of fluid you drink, ask them how much you should drink when it is hot.

Protect others by checking at risk adults a couple of times a day and watch them for signs of heat stress; encourage fluid intake and take them to air-conditioned locations.

Having COVID-19 still in our area and the need for social distancing for our safety makes finding safe places to rehydrate and cool off on hot days outside of our own home environments even more challenging for our aging adults as the usual resources are full of others looking for cool places or are not available in the same manner.

Our Senior Centers are open and air conditioned. We also follow strict cleaning and sanitizing protocols. These centers are also considered Cooling Centers for the community when they are open.

No place is guaranteed germ free so be careful, be aware of how you feel and your surrounding and seek medical assistance if you are feeling unwell.

Being self aware is your greatest guarantee of getting help when you need it before it escalates to something more serious.

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
Tara Palmer Pop, Senior Program Facilitator

Health Care Services:
Tracey Rupinski, RN, Director of Health Care Services
Robin Pugh, RN, CFCS
Arlene Wilson, CNA
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, Dinner is served from 5p - 6p.

Many wonderful Volunteers in all aspects of our services!

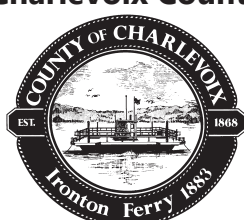
Beaver Island COA Office:
Open M-F 8a-4p
Lonnie Allen, BI County Building & COA Site Coordinator
26466 Donegal Bay Road
Beaver Island, MI 49782
231-448-2124

Boyne Area Senior Center:
Open M-F 8a-4p
Krista Goldsmith, Site Coordinator
Open, 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, Beth & 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

Visit our Website: www.charlevoixcounty.org/Commission_on_Aging or our Facebook page "Charlevoix County Commission on Aging"



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 August 2024—Krista @ 231-582-6682

Monday	Tuesday	Wednesday	Thursday	Friday
The BASC is OPEN FULL TIME 8a-4p Mon—Fri with activities all day long! Exercise Room open all day everyday M-F.	Boyerne Area Center 411 East Division St, Boyne City	Wednesday Night Hours are 11a—7p. Wednesday Night Dinners are served 5p—6p.	1. 9a Line Dancing, 11a Nat'l Coloring Book Day Activity & Giveaway, 12:30p BINGO, 1p Homemade & Healthy Class, 2p Cards/Table Games	2. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 11:30a Music by \$1 in a Juke Box, 11:45a Treat for Nat'l Ice Cream Sandwich Day, 12:30p BINGO, 1p Karaoke, 2p Cards & Games
5. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Superstars Meeting, 11a Weekly Crosswords, 12:30p BINGO, 1p Nat'l Friendship Day Craft, 2p Cards/Table Games	6. 9a Line Dancing, 11a Lk MI Lighthouses Presentation, 11:45a Treat for Nat'l Root Beer Float Day, 12:30p BINGO, 1p Nat'l Sunflower Day Floral Arrangement Class, 2p Cards/Table Games	7. 11a Superstars Decorating/Volunteer, 2p Popcorn & Movie "The Avengers", 4:30p Music by Michigan Sands, 5:15p Heroes & Villains Trivia w/Prizes, 5:30p Best Dressed Villain/Hero Contest w/ Prizes	8. 9a Line Dancing, 11:30a Blood Pressure Clinic, 12:30p BINGO, 1p PB&J Popcorn & Movie "The Boys in the Boat", 2p Cards/Table Games	9. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 11a Music by Vintage, 11a Book Swap for Nat'l Book Lovers Day, 12:30p BINGO, 1p Karaoke, 2p Cards & Games
12. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Superstars Meeting, 11a Weekly Crosswords, 12:30p BINGO, 1p Fresh Fun & Healthy Cooking Class, 2p Cards/Table Games	13. 9a Line Dancing, 11a Hand Massages by Shawna, 11a Drop n' Shop, 12:30p BINGO, 1p Senior Strength Exercise Class, 2p Cards/Table Games, Foot Clinic	14. 11a Superstars Decorating/Volunteer, 2p Popcorn & Movie "Short Circuit", 4:30p Music by Lucky Stars, 5:30p Disco Dance Off w/Prizes, 5:45p Pass the Disco Ball Game w/ Prizes	15. 9a Line Dancing, 11a Nat'l Relaxation Day Activity, 12:30p BINGO, 1p Dreamcatcher Craft, 2p Cards/Table Games	16. Celebration Day! Bake Sale, 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 11a Music by OJ, 12:30p BINGO, 1p Karaoke, 2p Cards & Games
19. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Superstars Meeting, 11a Weekly Crosswords, 12:30p BINGO, 1p PB&J Popcorn & Movie "Fly Away Home", 2p Cards/Table Games	20. 9a Line Dancing, 12:30p BINGO, 1p Senior Strength Exercise Class, 2p Cards/Table Games, Foot Clinic	21. 11a Superstars Decorating/Volunteer, 2p Popcorn & Movie "Grease", 4p Stroll the lot car viewing, 4:30p Music by Michigan Sands, 5:15p Voting Begins, 5:30p Awards Ceremony/Prize Presentation	22. 9a Line Dancing, 12:30p BINGO, 1p Straw Painting Class, 2p Cards/Table Games	23. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 11a Music by Vintage, 12:30p BINGO, 1p Karaoke, 2p Cards & Games
26. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Superstars Meeting, 11a Weekly Crosswords, 12:30p BINGO, 1p Homemade & Healthy Class, 2p Cards/Table Games	27. 9:30a Veterans Social & Free Lunch, 11a Drop N' Shop, 12:30p BINGO, 1p Senior Strength Exercise Class, 2p Cards/Table Games	28. 11a Superstars Decorating/Volunteer, 2p Popcorn & Movie "Cool Runnings", 4:30p Music by OJ Adkins, 5:15p Opening Ceremonies, 5:30p Golden Pentathlon, 6p Medals Ceremony	29. 9a Line Dancing, 11:30a Blood Pressure Clinic, 12:30p BINGO, 1p Fresh & Fun Healthy Cooking Class, 2p Cards/Table Games	30. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 11a Music by Michigan Sands, 12:30p BINGO, 1p Karaoke, 2p Cards & Games

East Jordan Activity Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
East Jordan Center 951 Mill St., East Jordan Wednesday Night Hours are 2p—7p and Wednesday Night Dinners are served from 5p-6p	Mon—Fri Open Gym Walking 9a-1p. Exercise Room open all day. ACTIVITIES ARE SUBJECT TO CHANGE	Wednesday Night Hours are 2p—7p and Wednesday Night Dinners are served from 5p-6p	1. 9a Hair Cuts \$\$\$, Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10:30a Cardio Drumming, 12:30p Matter of Balance, 12:30p Texas Hold-em or Cards	2. Celebration Day Ice Cream Social, 10:30a Chair Yoga, 11:30a Music Barry Loper, 12:30p Card BINGO, 50/50 Drawing
5. 9:30a Coffee Hour, 10a Sewing Repairs, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	6. Open Pickleball 9a–11a, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre	7. 5p Music Barry Loper, 6p Card Bingo	8. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10a EJSC Advisory Board, 10:30a Cardio Drumming, 11:30a Chamber Chat, 12:30p Matter of Balance, 12:30p Texas Hold-em or Cards	9. 10:30a Chair Yoga, 11:30a Music OJ Adkins, 12:30p Card BINGO, 50/50 Drawing
12. 9:30a Coffee Hour, 10a Sewing Repairs, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	13. Open Pickleball 9a–11a, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre	14. 5p Music OJ Adkins, 6p Card Bingo	15. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10:30a Cardio Drumming, 12:30p Matter of Balance, 11:30a BP Clinic, 12:30p Texas Hold-em or Cards, Foot Clinic	16. 10:30a Chair Yoga, 11:30a Music \$1 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. Open Pickleball 9a–11a, 9:30a Veterans Social, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre	21. 5p Music 2 Beats, 6p Card Bingo, Foot Clinic	22. Open Pickleball 9a– 11a, 9:30a Coffee Hour, Hand Massages, 10:30a Cardio Drumming, 12:30p Matter of Balance, 12:30p Texas Hold-em or Cards	23. 10:30a Chair Yoga, 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, Foot Clinic	27. Open Pickleball 9a–11a, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre	28. 5p Music \$1 in a Juke Box, 6p Card Bingo	29. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10:30a Cardio Drumming, 12:30p Matter of Balance, 12:30p Texas Hold-em or Cards	30. 10:30a Chair Yoga, 11:30a Music, 12:30p Card BINGO, 50/50 Drawing

ALL Charlevoix County Senior Center Menus

All Senior Center Locations Menu August 2024 (Lunch 11:30a—12:30p)

Commission On Aging Phone: 237-0103

Charlevoix Senior Center: 547-5361

East Jordan Senior Center: 536-7831

Boyer Area Senior Center: 582-6682

Monday	Tuesday	Wednesday	Thursday	Friday
Alternative Meal for Week: Chicken Cesar Salad Kit	ALL MEALS INCLUDE MILK, BREAD & BUTTER, 2 VEGGIES & A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE	Wednesday Night Dinners are served from 5p-6p. This means NO LUNCHEs at the Senior Centers on Wednesdays	1. Mahjong Day Beef & Bean Burrito, Burrito Sauce, Cheese, Mexican Rice, Corn, Sour Cream Cup, Fruit	2. Water Balloon Day Cooks Choice, Potato, Vegetable, Fruit, Soup Du Jour
5. Picnic Day Sloppy Joes, Buns, Cheese, Wedge Fries, Vegetable Medley, Soup Du Jour, Fruit Alternative Meal for Week: Chef Salad	6. Chicken Teriyaki, Slice Pineapple, Rice, Vegetable Medley, Mini Spring Rolls, Fruit	7. Wednesday Dinner - Hero's & Villain's Night Hot Dogs, Bun, Homemade Potato Salad, Corn on the Cob, Tater Tots, Tossed Side Salad, Ice Cream Cookie Sundaes	8. Beef Stew, Stew Mixed Vegetables, Buttermilk Biscuits, Fruit	9. Hand Holding Day Seafood Pasta w/ Shrimp & Crab, Alfredo Sauce, Pasta, Vegetable Medley, Fruit, Soup Du Jour
12. BBQ Chicken Wings, Smiley Fries, Garden Vegetable, Soup Du Jour, Fruit Alternative Meal for Week: Roast Beef & Cheddar Wrap	13. Breakfast for Lunch French Toast Sticks, Sausage Links, Diced Potatoes, Warm Applesauce, Yogurt Cup	14. Wednesday Dinner - Purple Party Cheese burger, Bun, Ranch Wedge Fries, Steamed Broccoli w/ Cheese, Tossed Side Salad, Fruit, Ice Cream Sandwich	15. Relaxation Day Ham Carbonara Pasta, Alfredo Sauce, Green Peas, Garlic Cheese Biscuit, Fruit	16. Roller Coaster Day Popcorn Chicken Bowl, Mashed Potatoes, Country Gravy, Corn, Soup Du Jour, Fruit
19. Potato Day Lemon Pepper Cod, Au Gratin Potatoes, Mixed Vegetables, Fruit, Soup Du Jour Alternative Meal for Week: Maurice Salad	20. Baked Potato & Cheese, White Chicken Chili, Sour Cream Cup, Oyster Crackers, Fruit	21. Wednesday Dinner - 60's Party & 2nd Annual Car Show Homemade Beef Lasagna, Garlic Bread, Fresh Vegetable, Tossed Side Salad, Raspberry Dessert	22. Be an Angel Day Ground Sirloin w/ Mushroom Gravy, Mashed Potatoes, Garden Vegetable, Fruit	23. Hug Your Sweetheart Day Cooks Choice, Seasoned Potatoes, Fresh Vegetable, Soup Du Jour, Fruit
26. Grilled Chicken Sandwich w/ Cheese, Ranch Wedge Fries, Vegetable Medley, Soup Du Jour, Fruit Alternative Meal for Week: Turkey, Bacon Wrap	27. Rock-Paper-Scissors Day Baked Ziti, Tomato Sauce & Cheese, Garlic Biscuits, Green Beans, Fruit	28. LAST Wednesday Dinner - Golden Olympics Chicken Cordon Blue, Garlic Parmesan Potatoes, Roasted Carrots, Tossed Side Salad, Fruit, Vanilla Cupcakes	29. Thoughtful Thursday & Nacho Day Seasoned Beef, Cheese Sauce, Rice & Corn, Tortilla Chips, Salsa, Fruit	30. Ground Turkey Meatball w/ Sautéed Onions, Mashed Potatoes & Gravy, Vegetable Medley, Soup Du Jour, Fruit

Charlevoix Activity Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
Charlevoix Center 13513 Division Ave, Charlevoix Activities are subject to change	We are starting renovations of the Senior Center on Monday, August 12th. The Foot Clinic, Pool Table Room and Mahjong/Bridge/Cards/Puzzle Room will be unavailable until Spring 2025 but you can use the dining room for some of these activities. This is an exciting time and we apologize for any inconvenience.	Wednesday Night Hours are 11a—7p. Dinners are served 5p-6p. There is NO Lunch Services on Wednesday for July, August.	1. 9a Coffee Talk, Walkers, 9:30a Tai Chi w/Gretchen, 1p Games/Puzzles/Euchre, 1:30p Open Pickleball, 1p Matinee @ Cinema	2. 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 10a Crafts, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre, 1:30p Open Pickleball
5. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre, 1:30p Beginners/Intermediate Pickleball	6. 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, 1p Mahjong, 1:30 Advanced Pickleball	7. 9a Coffee Talk, Walkers, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre, 1:30p Beginners/Intermediate Pickleball, 5p Dinner Hero's vs. Villains, Music by Ken D	8. 9a Coffee Talk, Walkers, 9:30a Tai Chi w/Gretchen, 10a Bone Builders-Rec Room, 1p Games/Puzzles/Euchre, 1:30p Open Pickleball 1p Matinee @ Cinema	9. 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 10a Crafts, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre, 1:30p Open Pickleball
12. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre, 1:30p Beginners/Intermediate Pickleball	13. 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, 1p Mahjong, 1:30 Advanced Pickleball	14. 9a Coffee Talk, Walkers, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre, 1:30p Beginners/Intermediate Pickleball, 5p Dinner Purple Party, Music by Dolph	15. 9a Coffee Talk, Walkers, 9:30a Tai Chi w/Gretchen, 11a Hand Massages by Shawna & Team Care Presentation, 1p Games/Puzzles/Euchre, 1:30p Advanced Pickleball, 1p Matinee @ Cinema	16. Celebration Day Ice Cream Social , 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 10a Crafts, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre, 1:30p Open Pickleball
19. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre 1:30p Beginners/Intermediate Pickleball	20. 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, 1p Mahjong, 1:30 Advanced Pickleball	21. 9a Coffee Talk, Walkers, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Beginners/Intermediate Pickleball, 5p Dinner 60's Party/Car Show, Music by Dolph	22. 9a Coffee Talk, Walkers, 9:30a Tai Chi w/Gretchen, 10a Bone Builders-Rec Room, 1p Games/Puzzles/Euchre/1:30p Advanced Pickleball, 1p Matinee @ Cinema	23. 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 10a Crafts, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre, 1:30p Open Pickleball
26. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre 1:30p Beginners/Intermediate Pickleball	27. 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	28. 9a Coffee Talk, Walkers, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Beginners/Intermediate Pickleball, 5p Dinner Golden Olympics Music by The Geezer Band	29. 9a Coffee Talk, Walkers, 9:30a Tai Chi w/Gretchen, 10a Bone Builders-Rec Room, 1p Games/Puzzles/Euchre/1:30p Advanced Pickleball, 1p Matinee @ Cinema	30. 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 10a Crafts, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre, 1:30p Open Pickleball

Reminder Notice....

The Charlevoix Senior Center Renovations begin on Monday, August 12, 2024.

The Foot Clinic, Pool Table Room and Mahjong/Bridge/Cards/Puzzle Room will be unavailable until Spring 2025, but you can use the dining room for some of these activities.

This is an exciting time, and we apologize for any temporary inconvenience.

Please look for posters, listen to announcements and check our Newsletters, Facebook Posts and Instagram Posts for updated information on this process!!

THANK YOU!!!!!!

**Safe Haven Sponsored Breakfast Club Menu August 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>6. Hot Breakfast: Breakfast Casserole: Eggs, Cheese, Sausage, Potatoes, Peppers & Onions</p> <p><i>All Breakfasts include Yogurt & Orange Juice</i></p>	<p>2. FRIDAY BIG Hot Breakfast: 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions</p> <p><i>All Breakfasts include Fresh Fruit, Maple Syrup, & Milk</i></p>
<p>13. Hot Breakfast: Breakfast Burrito: Eggs, Diced Bacon, Cheese, Pico De Gallo & Cheesy Tater Tots</p> <p><i>All Breakfasts include Yogurt & Orange Juice</i></p>	<p>9. FRIDAY BIG Hot Breakfast: 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions</p> <p><i>All Breakfasts include Fresh Fruit, Maple Syrup, & Milk</i></p>
<p>20. Hot Breakfast: French Toast, Sausage Patty, Scrambled Eggs, served with Hashbrowns</p> <p><i>All Breakfasts include Yogurt & Orange Juice</i></p>	<p>16. FRIDAY BIG Hot Breakfast: 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions</p> <p><i>All Breakfasts include Fresh Fruit, Maple Syrup, & Milk</i></p>
<p>27. Hot Breakfast: Biscuits with Sausage & Gravy, 1 Oven Baked Egg, Warm Applesauce</p> <p><i>All Breakfasts include Yogurt & Orange Juice</i></p>	<p>23. FRIDAY BIG Hot Breakfast: 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions</p> <p><i>All Breakfasts include Fresh Fruit, Maple Syrup, & Milk</i></p>
	<p>30. FRIDAY BIG Hot Breakfast: 2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions</p> <p><i>All Breakfasts include Fresh Fruit, Maple Syrup, & Milk</i></p>

Just for fun

August's Word Search

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F U K A F D Y A O K T N U A T A B
F L G J N X R B A I W G W U E W S
W I S A X S F N V N V V C J C Q J
P X U C R S S O C D S E H H H A O
S I M K L M D R H N F E R B A A E
C B M W C H W M E E T B I R R E Y
G Z E I U V A A D S N Z S A L N Y
X N R L F I N L A S Z B T V O B M
F X A L F A E C A Q M I O E T B X
E M A I T P G C R B T Q P R T T C
S A W D L U I A K E S B H Y E K O
W A L Y N U O R E V Z E E K P W G
D I K J Q A J D X H Z U R M M A W
K N Y E H E R A U G U S T D C K G
G D S G S Y Q I B R O E V Q U I Y
K G P E X P I L M V C U A Z Z B K
A F M R E G A R U O C N D L Q D J
    
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christopher	charlotte	abnormal
kindness	jackwill	bravery
courage	miranda	julian
summer	august	via

**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 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.