

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!



GRATITUDE, HELP US SEE WHAT IS THERE INSTEAD OF WHAT IS'NT.~ANNETTE BRIDGES

NOVEMBER 2024 NOTABLE DATES

- 1 **Extra Mile Day**
- 2 **Book Lover's Day**
- 3 **Daylight Saving Time Ends**
- 4 **Use Your Common Sense Day**
- 5 **Election Day**
- 6 **Stress Awareness Day**
- 7 **Men Make Dinner Day**
- 8 **Cook Something Bold Day**
- 9 **Go to an Art Museum Day**
- 10 **Vanilla Cupcake Day**
- 11 **Veteran's Day**
- 12 **Chicken Soup for the Soul Day**
- 13 **Kindness Day**
- 14 **Loosen Up, Lighten Up Day**
- 15 **Clean Out Your Refrigerator Day**
- 16 **Guinness World Records Day**
- 17 **Take a Hike Day**
- 18 **Apple Cider Day**
- 19 **Play Monopoly Day**
- 20 **Peanut Butter Fudge Day**
- 21 **Gingerbread Cookie Day**
- 22 **Go for a Ride Day**
- 23 **Eat a Cranberry Day**
- 24 **Celebrate Your Unique Talent Day**
- 25 **Hat Day**
- 26 **Cake Day**
- 27 **Pins and Needles Day**
- 28 **Thanksgiving Day**
- 29 **Black Friday**
- 30 **Personal Space Day**

Director's CORNER



Our 2023 - 2024 Fiscal Year was a crazy fun roller-coaster.

We had record numbers on the number of seniors in Charlevoix County participating in our Nutritional Program.

Beaver Island had 145
Boyne Area had 267
East Jordan had 402
Charlevoix had 721

That is 1,535 individual seniors choosing us!

The total number of Congregate meals served was 52,651; the total number of Take Out meals served was 42,216 and the total number of Home Delivered Meals served was 12,629.

We partner with Safe Haven for the Free Community Breakfast and now average about 300 meals a week. We are so grateful for their generosity regarding our community.

We handed out 435 Senior Project Fresh Coupons.

We had 6,410 Volunteer Hours donated by 87 volunteers around the county including Beaver Island. We are blessed with a generous community, especially with their time!

With our partnership with Charlevoix County Transit we were able to provide 19,924 for Free for our Seniors along with an additional 1,337 medical trips for Free for our Seniors.

While our staff is limited and quiet small now, we were able to provide 2,766 hours of care through our In Home Services.

We put in 631 hours of care through our Foot Care Clinics and 21 hours for in home foot care to those

that are homebound.

These are just some of the things the Charlevoix County Commission on Aging provides for our aging adults.

We do Blood Pressure Check Clinics in our Senior Centers monthly; We do Client Reassurance Calls for those living alone and who do not have friends or family near; We do mini Travel Club Trips around our community to get our seniors out and engaged; We provide Shelf Stable Meals/Emergency Meals for our Home Delivered Meal clients in case of Closings or bad roads that keep us from dropping a meal off.

We have a Senior Snow Removal Programs that provides limited support for Snow Removal though an income qualifying voucher system only for seniors, 60 years of age and older, who are full-time Charlevoix County residents/homeowners.

We have a variety of Exercise opportunities at our different location also which are Free as well: Beginning, Medium and Expert Pickleball, Yoga, Chair Yoga, Line Dancing, Cardio Drumming, Tai Chi, Senior Stretching, a Walking Group, 3 wheeled bikes for use, Chair Exercises and we are always looking for ways to keep moving.

We look forward to sharing a meal, some fun and some great conversation with you!

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
Kimberly Langerman, Health Care Services Coordinator
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

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
Kathy, Maria, Paul H 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 November 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, Boyerne City			1. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10am Mindful Meditation, 11a Turkey Trot Walking Challenge Registration, 11:30a Music by \$1 in a Juke Box, 12:30p Card BINGO, 1p Pet Treat Baking Class, 2p Cards & Games
4. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Mindful Meditation, 11a Fustini's Oil & Vinegar Presentation, 12:30p BINGO, 1p—4p Dale Boehm Medicare Enrollment, 2p Cards/ Table Games	5. 9a Line Dancing, 9a Chair Yoga, 10am Mindful Meditation, 11a Drop N' Shop, 12:30p BINGO, 1p "The History of Boyne City" by Ed May Part 1, 2p Cards/Table Games, Foot Clinic	6. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Creative Craft Time, 11a Music by Lucky Stars, 12:30p BINGO, 1p Nat'l Stress Awareness Day Activity, 2p Cards/Table Games, Foot Clinic	7. 9a Line Dancing, 9a Chair Yoga, 10am Mindful Meditation, 10:30a Audible Book Club in the Conference Room, 12:30p BINGO, 1p Charlevoix Humane Society Guest Scott McKenzie, 2p Cards/Table Games	8. Veterans' Appreciation Day, 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10am Mindful Meditation, 11a Music by Vintage, 12:30p Card BINGO, 1p Autumn Paint & "Sip" w/Deb Martin, 2p Cards & Games
11. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED!	12. 9a Line Dancing, 9a Chair Yoga, 10am Mindful Meditation, 11a Hand Massages by Shawna, 12:30p BINGO, 1p "The History of Boyne City" by Ed May Part 2, 2p Cards/ Table Games	13. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Creative Craft Time, 11a Music by Gaeyle Gerrie-Boss, 12:30p BINGO, 1p Thanksgiving BINGO, 2p Cards/Table Games	14. 9a Line Dancing, 9a Chair Yoga, 10am Mindful Meditation, 10:30a Audible Book Club, 12:30p BINGO, 1p Nat'l Homecare & Hospice Presentation by The Care Team, 2p Cards/Table Games, Foot Clinic	15. Celebration Day! 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10am Mindful Meditation, 11a Opening Day "Deer Shoot" w/ Prizes, 11a Music by OJ, 11:45a Buck Pole Game w/Prizes, 12:30p Card BINGO, 2p Cards & Games
18. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Mindful Meditation, 12:30p BINGO, 1p Manicures w/Nicole, 2p Cards/ Table Games	19. 9a Chair Yoga, 10am Mindful Meditation, 11a Drop N' Shop, 12:30p Meet Cute Mixer in the Dining Room, 1p "The History of Boyne City" by Ed May Part 3, 2p Cards/Table Games	20. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Creative Craft Time, 11a Music by Lucky Stars, 12:30p Healthy Holiday Cooking Class, 2p Cards/ Table Games	21. 9a Chair Yoga, 10am Mindful Meditation, 10:30a Audible Book Club in the Conference Room, 11:30a Blood Pressure Check, 12:30p BINGO, 1p Pinecone Turkey Craft, 2p Cards/Table Games	22. Thanksgiving Celebration! 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10am Mindful Meditation, 11a Music by Vintage, 11a Turkey Call Contest w/Prizes, 11:45a Turkey "Shoot" w/Prizes, 12:30p Card BINGO, 1p Blessing Bag Activity, 2p Cards & Games
25. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Mindful Meditation, 11a Turkey Week Holiday Social, 12:30p BINGO, 1p Thanksgiving Table Centerpiece Class, 2p Cards/Table Games	26. 9:30a Veterans Social, 9a Chair Yoga, 10am Mindful Meditation, 12:30p BINGO, 1p "The History of Boyne City" by Ed May Part 4, 2p Cards/Table Games	27. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Creative Craft Time, 12:30p BINGO, 1p Popcorn & Movie "Free Birds", 2p Cards/Table Games	31. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED!	29. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED!

East Jordan Activity Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
East Jordan Center 951 Mill St., East Jordan Mon—Fri Open Gym Walking 9a-1:30p. Exercise Room open all day	ACTIVITIES ARE SUBJECT TO CHANGE Frozen Meals are available to take home \$3.00.	Sunday November 3rd is Time Change. Fall Back!		1. Celebration Day Ice Cream Social 10:30a Chair Exercise, 11:30a Music Barry Loper, 12:30p Card BINGO, 50/50 Drawing Foot Clinic
4. 9:30a Coffee Hour, 10a Sewing Repairs, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	5. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre	6. 9:30a Coffee Hour, 10:30a Nail Painting w/Bonnie, 10:45a Tech w/ Dawn, 12p Movie, 12:30p Card Bingo	7. Hair Cuts \$\$\$, Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10:30a Cardio Drumming, 11a Leadership Charlevoix County, 11:30a BP Clinic, 12:30p Texas Hold-em or Cards	8. Veteran's Appreciation Celebration 10:30a Chair Exercise, 11:30a Music OJ Adkins, 12:30p Card BINGO, 50/50 Drawing
11. ALL COA OFFICES & SENIOR CENTERS ARE CLOSED.	12. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10a Knit & 12:30p Euchre, Foot Clinic	13. 9:30a Coffee Hour, 10:30a Nail Painting w/Bonnie, 12:30p Card Bingo	14. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10a EJSC Advisory Board, 10:30a Cardio Drumming, 11:30a Chamber Chat w/ Mary, 12:30p Texas Hold-em or Cards	15. Chili Cook Off Event 10:30a Chair Exercise, 11:30a Music \$1 in a Juke Box, 12:30p Card BINGO, 50/50 Drawing
18. 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	19. 9:30a Veterans Social, Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10a Knit & Crochet, Crochet, Secretary Of State 10a-3p, 12:30p Euchre	20. 9:30a Coffee Hour, 10:30a Nail Painting w/Bonnie, 12p Movie, 12:30p Card Bingo	21. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10:30a Cardio Drumming, 12:30p Texas Hold-em or Cards	22. Thanksgiving Celebration 10:30a Chair Exercise, 11:30a Music 2 Beats, 12:30p Card BINGO, 50/50 Drawing
25. 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	26. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10a Knit & Crochet, 12:30p Euchre	27. 9:30a Coffee Hour, 10:30a Nail Painting w/Bonnie, 12:30p Card Bingo	28. ALL COA OFFICES & SENIOR CENTERS ARE CLOSED.	29. ALL COA OFFICES & SENIOR CENTERS ARE CLOSED.

ALL Charlevoix County Senior Center Menus

All Senior Center Locations Menu November 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
<p>Soups: Monday, Wednesday & Friday</p> <p>Alternative Meal for Week: <i>Chicken Salad</i></p>	<p>ALL MEALS INCLUDE MILK, BREAD & BUTTER, 2 VEGGIES & A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>			<p>1. Extra Mile Day Cooks Choice, Potato, Vegetable, Fruit, Soup Du Jour</p>
<p>4. Breaded Chicken Sandwich w/Bacon & Cheese, Ranch Wedge Fries, Garden Vegetables, Fruit, Soup Du Jour</p> <p>Alternative Meal for Week: <i>Chicken Caesar Kit</i></p>	<p>5. Election Day Tuna Noodle Casserole, Green Peas, Fried Onions, Fruit</p>	<p>6. Nacho Day Seasoned Ground Beef, Cheese, Tortilla Chips, Mexican Rice w/ Roasted Corn, Salsa Cup, Fruit</p>	<p>7. Men Make Dinner Day Ham & Pineapple, Sweet Potatoes, Vegetable Medley</p>	<p>8. Veteran's Day Celebration Roast Beef, Mashed Potatoes & Gravy, Fresh Vegetable, Apple Crisp, Soup Du Jour,</p>
<p>11. ALL COA Offices and Senior Centers are CLOSED</p> <p>Alternative Meal for Week: <i>Chef Salad</i></p>	<p>12. Hamburger & Onion Stroganoff, Buttered Noodles, Garden Vegetable, Fruit</p>	<p>13. Kindness Day Creamy Chicken, Broccoli, Rice & Cheddar Cheese Casserole, Breadstick, Fruit, Vegetable Soup</p>	<p>14. Liver & Onions or Beef Fritter, Mashed Potatoes & Gravy, Garden Vegetable, Fruit</p>	<p>15. Shrimp Scampi, Garlic Parmesan Sauce, Seasoned Rice, Roasted Carrots, Soup Du Jour, Fruit</p>
<p>18. Apple Cider Day Polish Sausage & Sauerkraut, Soft Bun, Tater Tots, Fruit, Soup Du Jour</p> <p>Alternative Meal for Week: <i>Chicken Cobb Salad</i></p>	<p>19. Play Monopoly Day Chicken Spätzle, Shredded Chicken in Gravy, Spätzle Noodles, Peas & Carrots, Fruit</p>	<p>20. Corned Beef Guisado, Diced Corned Beef & Potatoes, Topped w/ Shredded Swiss, Drizzled w/ 1000 Island, Baby Carrot Snack Pack, Fruit, Vegetable Soup</p>	<p>21. Gingerbread Cookie Day Cooks Choice, Potato, Vegetable, Fruit, Soup Du Jour</p>	<p>22. Thanksgiving Celebration Roast Turkey, Stuffing Mashed Potatoes & Gravy, Green Bean Casserole, Homemade Cranberries, Pumpkin Dessert, Soup Du Jour</p>
<p>25. Cheese Ravioli w/ Sweet Italian Sausage, Marinara Sauce, Vegetable, Fruit, Soup Du Jour</p> <p>Alternative Meal for Week: <i>Roast Beef Wrap</i></p>	<p>26. Cake Day BBQ Boneless Chicken Breast, Au Gratin Potatoes, Mixed Vegetables, Fruit</p>	<p>27. Pins & Needles Day Beef Lasagna, Garlic Toast, Vegetable Medley, Fruit, Vegetable Soup</p>	<p>28. ALL COA Offices and Senior Centers are CLOSED</p>	<p>29. ALL COA Offices and Senior Centers are CLOSED</p>

Charlevoix Activity Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Charlevoix Center 13513 Division Ave, Charlevoix</p> <p>Activities are subject to change</p>		<p>Renovations have begun! The Foot Clinic has been moved to a temporary room. This is an exciting time and we apologize for any inconvenience.</p>		<p>1. 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</p>
<p>4. 9a Coffee Talk, Walkers, 9a-11a Advance Pickleball, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre, 1:30p Beginners/Intermediate Pickleball</p>	<p>5. 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 10a Line Dancing, 12:30p Veteran's Day & Free Lunch, 12:30p COA Movie Day w/Popcorn, 1p Games/Puzzles/Euchre, 1:30 Advanced Pickleball, 4p Yoga</p>	<p>6. 9a Coffee Talk, Walkers, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre, 1:30p Beginners/Intermediate Pickleball</p>	<p>7. 9a Coffee Talk, Walkers, 9a Yoga, 10:15a Chair Yoga, 1p Games/Puzzles/Euchre, 1:30p Open Pickleball, 1p Matinee @ Cinema, Foot Clinic</p>	<p>8. Veteran Appreciation Event 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</p>
<p>11. ALL COA OFFICES & SENIOR CENTERS ARE CLOSED.</p>	<p>12. 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 10a Line Dancing, 12:30p COA Movie Day w/Popcorn, 1p Games/Puzzles/Euchre, 1:30 Advanced Pickleball, 4p Yoga,</p>	<p>13. 9a Coffee Talk, Walkers, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre, 1:30p Beginners/Intermediate Pickleball</p>	<p>14. 9a Coffee Talk, Walkers, 9a Yoga, 9:30a Tai Chi, 10:15a Chair Yoga, 11:30a Blood Pressure Checks, 1p Games/Puzzles/Euchre, 1:30p Open Pickleball, 1p Matinee @ Cinema</p>	<p>15. 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</p>
<p>18. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre 1:30p Beginners/Intermediate Pickleball</p>	<p>19. 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 10a Line Dancing, 12:30p COA Movie Day w/Popcorn, 1p Games/Puzzles/Euchre, 1:30 Advanced Pickleball, 4p Yoga, Foot Clinic</p>	<p>20. 9a Coffee Talk, Walkers, 11a Hand Massages by Shawna, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Beginners/Intermediate Pickleball</p>	<p>21. 9a Coffee Talk, Walkers, 9a Yoga, 9:30a Tai Chi, 10:15a Chair Yoga, 1p Games/Puzzles/Euchre/1:30p Advanced Pickleball, 1p Matinee @ Cinema</p>	<p>22. Thanksgiving Celebration 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</p>
<p>25. 9a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre 1:30p Beginners/Intermediate Pickleball</p>	<p>26. 8-9a Safe Haven Free Breakfast Club, 9a Coffee Talk, Walkers, 10a Line Dancing, 12:30p COA Movie Day w/Popcorn, 1p Games/Puzzles/Euchre, 1:30 Advanced Pickleball, 4p Yoga</p>	<p>27. 9a Coffee Talk, Walkers, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre/Open Pool, 1:30p Beginners/Intermediate Pickleball</p>	<p>28. ALL COA OFFICES & SENIOR CENTERS ARE CLOSED.</p>	<p>29. ALL COA OFFICES & SENIOR CENTERS ARE CLOSED.</p>

2024-25 SENIOR RESIDENTIAL SNOW REMOVAL PROGRAM

This program provides limited support for Snow Removal through an income qualifying voucher system only for seniors, 60 years of age and older, who are full-time Charlevoix County residents/homeowners.

VOUCHERS: Each Voucher holds a value of \$40.00. The number of vouchers issued to the household is dependent upon the 2024 Federal Poverty Guidelines (See Boxed Information Below). Proof (i.e. latest Income Tax Reporting Form 1040 or 1040A) of total household income is required. Once the COA receives a completed Snow Removal Self Declaration Form, proof of residency, and proof of income, vouchers will be mailed to the qualified participating senior household.

ENROLLMENT: Enrollment begins Monday, October 14, 2024 & ends on Friday, December 31, 2024 or until the budget has been expended.

Program Rules:

Program starts November 1, 2024 and ends March 31, 2025.

Participating contractors will be required to complete a W9 before payment of services unless the County already has one on file.*

Seniors 60 years or older who are full-time Charlevoix County residents/homeowners must complete the Snow Removal Self Declaration Form, return it to the Charlevoix County COA along with the latest Income Tax Reporting Form 1040 or 1040A as proof of total household income and proof of residency in the form of a copy of property taxes or rental agreement. Verbal agreements are not valid.

Number of vouchers awarded will be dependent upon the 2024 Federal Poverty Guidelines and the Commission on Aging's Sliding Voucher Scale.

Any lost, stolen or misplaced vouchers are the sole responsibility of the participating senior household and there will NOT be any replacement vouchers issued by the Charlevoix County Commission on Aging. Persons knowingly providing false information related to total household income or residency will have services discontinued and will be requested to repay COA for monies spent on their services.

**Safe Haven Sponsored Breakfast Club Menu November 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>5. Hot Breakfast: French Toast, Sausage Patty, Scrambled Eggs, served with Hashbrowns</p> <p><i>All Breakfasts include Yogurt & Orange Juice</i></p>	<p>1. 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 & OJ</i></p>
<p>12. Hot Breakfast: Biscuits, Sausage & Gravy, 1 Oven Baked Egg, Warm Applesauce</p> <p><i>All Breakfasts include Yogurt & Orange Juice</i></p>	<p>8. 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 & OJ</i></p>
<p>19. 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>15. 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, OJ</i></p>
<p>26. Hot Breakfast: Breakfast Casserole: Eggs, Cheese, Sausage, Potatoes, Peppers & Onions</p> <p><i>All Breakfasts include Yogurt & Orange Juice</i></p>	<p>22. 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, OJ</i></p>
	<p>29. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED.</p>

Just for fun

FALL WORD SEARCH

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

ACORN	APPLES	AUTUMN	CANDY	CIDER
FOOTBALL	HALLOWEEN	HARVEST	HAYRIDE	LEAVES
NOVEMBER	OCTOBER	PUMPKIN	RAKE	SCARECROW
SEPTEMBER	SUNFLOWER	SWEATER	THANKSGIVING	TURKEY

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 School Only right now. Monthly special meals will restart in November.

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.