

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!



“Love cures people - both the ones who give it and the ones who receive it.” ~ Karl Menninger

Director's CORNER



How our idea of love changes as we get older.

The qualities we value in a partner when we are young often change as we grow older, writes Kate Burke.

ROMANTIC LOVE HAS been described as a human universal, or near universal and is associated with intense emotional experiences such as increased energy, euphoria, obsessive thinking about the loved one, feelings of dependency and craving. When people are ‘in love’ they may feel as if they have uncovered the meaning of life. One feels complete and life feels whole.

Good quality relationships of all kinds, but specifically romantic relationships, are associated with psychological well-being, good health and happiness.

The top-five most highly rated elements of successful romantic relationships for the older adults were honesty, communication, companionship, respect, and positive attitude, whereas as the top-five most highly rated elements of romantic relationship success for younger adults were love, communication, trust, attraction and compatibility.

Notably, honesty was the most highly rated relationship success factor in the older adult group, but was not identified by the younger adult group. Older adults defined honesty as being able to confide in one another in a truthful way. Honesty is an interesting concept as it involves self disclosure and risks putting an individual in a vulnerable position, and yet the ability to disclose honestly in a mindful, trusting and sensitive fashion can facilitate a deeper level of intimacy in the relationship.

Furthermore, research has suggested that self accep-

tance increases with age and that with age, people have a stronger sense of their true self. It is possible that the older adult group were able to draw on their broad experience and have come to recognise honesty as critical to the long-term success of romantic relationships. Younger adults defined trust as being ‘able to rely on and be supportive of one another’ and ‘to be faithful to one another’.

Socialising was also highlighted as an important factor by the older adults. During the group session, older adults highlighted that socialising encapsulated going out as a couple, but also individually. During later life, ones social network may narrow, but within this context older adults often enjoy increased frequency of socialising with friends and neighbours, religious participation and volunteering, and this pattern of increased socialising may facilitate romantic relationships as it stimulates intimacy and communication amongst older lovers.

Older adults emphasised socialising, trust and respect over attraction and may thus drop elements such as attraction from their representations of romantic relationship success as they develop a more mature understanding of relationship success over time.

Stay Safe, Be Well and remember we are here to support 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, Catherine Meintsma, Janet Kalbfell; Board Liaison Josh Chamberlain

Many wonderful Volunteers in all aspects of our services!

Beaver Island COA Office:

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

Boyerne Area Senior Center:

Open M-F 8a-4p
Krista Goldsmith, Site Coordinator
Christopher, Maria, Paul
Food Service & HD Meals
411 E. Division, PO Box 964
Boyerne 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

Area happenings

For more information:

Beaver Island Chamber
(231) 448-2022
Main Street
Beaver Island, MI 49782
beaverislandcommunitycenter.org

Boyerne Area Chamber
(231) 582-6222
115 S. Lake St., Suite A,
Boyerne City, MI 49712
boyernechamber.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

FEBRUARY 2025 NOTABLE DATES

- 1 **Ice Cream for Breakfast Day**
- 2 **Groundhog Day**
- 3 **Feed the Birds Day**
- 4 **Thank Your Mailman Day**
- 5 **Chocolate Fondue Day**
- 6 **Chopsticks Day**
- 7 **Send a Card to a Friend Day**
- 8 **Laugh and Get Rich Day**
- 9 **Superbowl Sunday**
- 10 **Clean Out Your Computer Day**
- 11 **Make A Friend Day**
- 12 **Hug Day**
- 13 **Self-Love Day**
- 14 **Valentine's Day**
- 15 **I Want Butterscotch Day**
- 16 **Do a Grouch a Favor Day**
- 17 **Random Acts of Kindness Day**
- 18 **Drink Wine Day**
- 19 **Chocolate Mint Day**
- 20 **No Politics Day**
- 21 **Sticky Bun Day**
- 22 **Be Humble Day**
- 23 **Tootsie Roll Day**
- 24 **Play More Cards Day**
- 25 **Chocolate Covered Nut Day**
- 26 **For Pete's Sake Day**
- 27 **No Brainer Day**
- 28 **Public Sleeping 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.

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



Boyerne Area Activity Calendar

Boyerne Area Senior Center Activities for February 2025 — 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			
3. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10:30a Mindful Meditation, 11a Volunteers Monthly Meeting, 11:30a Senior Hair Cuts by Nicole—call center to sign up, 11:30a Music by Paul Ferris, 12:30p BINGO, 1:30p Manicures w/Nicole, 2p Cards/Table Games	4. 10a Chair Yoga, 10:30a Mindful Meditation, 11a Drop N' Shop, 12:30p BINGO, 1p Valentine's Wreath Making Craft, 2p Cards/Table Games, Foot Clinic	5. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10:30a Mindful Meditation, 11a Music by Michigan Sands, 12:30p BINGO, 1p BASC Gardeners Meeting, 2p Cards/Table Games	6. 10a Chair Yoga, 10:30a Mindful Meditation, 11a Nat'l Chopsticks Day Games & Prizes, 12:30p BINGO, 1p Complete Organization Master Class Part 6, 2p Cards/Table Games	7. Superbowl Celebration, 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10:30a Mindful Meditation, 11a Vote for your Superbowl Winner, 11:30a Music by \$1 in a Juke Box, 12:30p Card BINGO, 1:30p A Matter of Balance Class, 2p Cards & Games, Foot Clinic
10. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10:30a Mindful Meditation, 11a Wear your Flannel for Nat'l Flannel Day, 11a Lumberjack Games w/ Prizes, 12:30p BINGO, 1p Valentine's Card Craft w/The Boyne Arts Center, 2p Cards/Table Games	11. 10a Chair Yoga, 10a Mindful Meditation, 11a Valentine's Pop Up Shop w/Upsy-Daisy Floral, 12:30p BINGO, 1p Popcorn & a Movie "Smoky & the Bandit", 2p Cards/Table Games,	12. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10:30a Mindful Meditation, 11:45a Boyne District Library Presentation for Nat'l Library Lovers Month, 12:30p BINGO, 1p Valentine's Cookie Decorating Class, 2p Cards/Table Games	13. 10a Chair Yoga, 10:30a Mindful Meditation, 11a Famous Couples Matching Game w/ Prizes, 11:30a Special Treat to Celebrate Nat'l Jello Week, 12:30p BINGO, 1p Complete Organization Master Class Part 7, 2p Cards/Table Games, Foot Clinic	14. Valentine's Celebration 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10:30a Mindful Meditation, 11a Music by Vintage 12p Pass the Heart Game & Prizes, 12:30p Card BINGO, 1:30p A Matter of Balance Class, 2p Cards & Games
17. ALL COA OFFICES AND SENIOR CENTERS ARE CLOSED!	18. 10a Chair Yoga, 10:30a Mindful Meditation, 11a Drop N' Shop, 12:30p BINGO, 1p Popcorn & a Movie "Sleepless in Seattle", 2p Cards/Table Games	19. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10:30a Mindful Meditation, 11a Music by Lucky Stars, 12:30p BINGO, 1p Detox, Heal & Live Class, 2p Cards/Table Games	20. 10a Chair Yoga, 10:30a Mindful Meditation, Blood Pressure Clinic, 11a Taste Test w/Great Lakes Potato Chip Co for Nat'l Chip Week, 12:30p BINGO, 1p Complete Organization Master Class Part 8, 2p Cards/Table Games	21. Celebration Day! 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10:30a Mindful Meditation, 11a Music by OJ Adkins 12:30p Card BINGO, 1:30p A Matter of Balance Class, 2p Cards & Games
24. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10:30a Mindful Meditation, 12:30p BINGO, 1p Mardi Gras Mask Craft Class, 2p Cards/Table Games	25. 9:30a Veteran Social, 10:30a Mindful Meditation, 11a—3p Glamour Shots Photo Shoots with Kim Culver Photography, 12:30p BINGO, 3p Cards/Table Games, Foot Clinic	26. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10:30a Mindful Meditation, 11a Music by Gaeyle Gerrie-Boss of the Boyne Arts Center, 12:30p BINGO, 1p Cleanings & Consults w/ Dr. Adam Wong Audiologist, 2p Cards/Table Games	27. 10a Chair Yoga, 10:30a Mindful Meditation, 11a Chef's Table Gathering, 12:30p BINGO, 1p Complete Organization Master Class Part 9, 2p Cards/Table Games,	28. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10:30a Mindful Meditation, 11a Music by Vintage, 12:30p Card BINGO, 1:30p A Matter of Balance Class, 2p Cards & Games

East Jordan Activity Calendar

East Jordan Senior Center Location Activities for February 2025 — 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.			
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. 9:30a Coffee Hour, 10:45a Tech w/Dawn, 12:30p Card Bingo	6. Hair Cuts \$\$\$, Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10:30a Cardio Drumming, Blood Pressure Clinic, 12:30p Texas Hold-em or Cards	7. Super Bowl Celebration Celebration Day Ice Cream Social, 10:30a Chair Exercise, 11:30a Music Barry Loper, 12:30p Card BINGO, 50/50 Drawing
10. 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table	11. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10a Knit & 12:30p Euchre, Foot Clinic	12. 9:30a Coffee Hour, 10a Jewelry Sale, 12:30p Card Bingo	13. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10a EJSC Advisory Board, 10:30a Cardio Drumming, 11:30a Chamber Chat with Mary, 12:30p Texas Hold-em or Cards	14. Valentine's Celebration 10:30a Chair Exercise, 11:30a Music OJ Adkins Box, 12:30p Card BINGO, 50/50 Drawing
17. ALL COA OFFICES & SENIOR CENTERS ARE CLOSED.	18. 10a Veteran Social & Lunch, Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10a Knit & 12:30p Euchre	19. 9:30a Coffee Hour, 12:30p Card Bingo	20. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10:30a Cardio Drumming, Hand Massages with Shauna, 12:30p Texas Hold-em or Cards, Foot Clinic	21. 10:30a Chair Exercise, 11:30a Music \$1 in a Juke , 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 & 12:30p Euchre	26. 9:30a Coffee Hour, 12:30p Card Bingo	27. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10:30a Cardio Drumming, Blood Pressure Clinic, 12:30p Texas Hold-em or Cards	28. 10:30a Chair Exercise, 11:30a Music 2 Beats, 12:30p Card BINGO, 50/50 Drawing

ALL Charlevoix County Senior Center Menus

All Senior Center Locations Menu February 2025 (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
3. BBQ Chicken Drumsticks, Scalloped Potatoes, Vegetable Medley, Fruit, Soup Du Jour Alternative Meal for Week: <i>Tuna Pasta Salad</i>	4. UP Beef Poutine, Shredded Beef, Cheese Curds, Red Skin Potato Wedges, Small Tossed Salad, Fruit	5. Chocolate Fondue Day Cooks Choice, Potato, Fruit, Vegetable Soup	6. Chopsticks Day Spaghetti & Meat Sauce, Garlic Bread, Vegetable Medley, Fruit	7. Souper Bowl Celebration Soup & Sandwich, Toasted Ham & Cheese Sub, Chicken Spätzle Soup, Great Lakes Chips, Fruit
10. Sloppy Joes w/Cheese, Soft Bun, Ranch Wedges, Vegetable, Fruit, Soup Du Jour Alternative Meal for Week: <i>Chicken BLT Wrap</i>	11. Make a Friend Day Chicken Parmesan or Veal Parmesan, Pasta Marinara, Fruit	12. Hug Day Apple & Sage Pork Sausage, Stuffing, Pork Gravy, Fruit, Vegetable Soup	13. Self-Love Day Four Cheese Macaroni & Cheese, Stewed Tomatoes, Green Beans, Fruit	14. Valentine's Day Celebration , Roast Beef, Mashed Potatoes & Gravy, Roasted Carrots, Fruit, Soup Du Jour, Red Velvet Cake
17. ALL COA Offices and Senior Centers are CLOSED Alternative Meal for Week: <i>Chef Salad</i>	18. Drink Wine Day Cooks Choice, Potato, Vegetable, Fruit, Soup Du Jour	19. Chocolate Mint Day Popcorn Chicken Bowl, Mashed Potatoes, Country Gravy, Seasoned Corn, Fruit, Vegetable Soup	20. No Politics Day Ham, Spinach & Swiss Quiche, Rosemary Potatoes, Warm Applesauce, Blueberry Muffin	21. Sticky Bun Day Hamburger & Onion Stroganoff, Buttered Noodles, Mixed Vegetables, Fruit, Soup Du Jour
24. Play More Cards Day Breaded Chicken Sandwich w/Cheese, Tater Tots, Mixed Vegetable, Fruit, Soup Du Jour Alternative Meal for Week: <i>Roast Beef & Cheddar Wrap</i>	25. Beef Lasagna, Garlic Bread, Tossed Salad, Fruit, Soup Du Jour	26. For Pete's Sake Day Pecan Crusted Tilapia, Lemon Zest Rice, Fresh Vegetable, Fruit, Vegetable Soup	27. No Brainer Day Open Faced Roasted Turkey on Texas Toast, Mashed Potatoes, Gravy, Garden Vegetable, Fruit	28. Public Sleeping Day Chicken & Broccoli Cheesy Rice Casserole, Breadstick, Fruit, Soup Du Jour
Soups: Monday, Wednesday & Friday	ALL MEALS INCLUDE MILK, BREAD & BUTTER, 2 VEGGIES & A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE			

Charlevoix Activity Calendar

Charlevoix Senior Center Activities for February 2025—Vikki @ 231-547-3844

Monday	Tuesday	Wednesday	Thursday	Friday
Charlevoix Center 13513 Division Ave, Charlevoix Activities are subject to change	Renovations have begun! The Foot Clinic has been moved to a temporary room. This is an exciting time and we apologize for any inconvenience.			
3. 8:30a Coffee Talk, Walkers, 9a-11a Advance Pickleball, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre, 1:30p Beginners/Intermediate Pickleball	4. 8-9a Safe Haven Free Breakfast Club , 8:30a Coffee Talk, Walkers, 12:30p Veteran's Day & Free Lunch , 12:30p COA Movie "Sweet Home Alabama" w/Popcorn, 1p Games/Puzzles/Euchre, 1:30 Advanced Pickleball, 4p Yoga	5. 8:30a Coffee Talk, Walkers, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre, 1:30p Beginners/Intermediate Pickleball	6. 8:30a Coffee Talk, Walkers, 9a Yoga, 9:30a Tai Chi, 10:15a Chair Yoga, 1p Games/Puzzles/Euchre, 1:30p Open Pickleball, COA Movie Day See Schedule Matinee @ Cinema, Foot Clinic	7. 8-9a Safe Haven Free Breakfast Club , 8:30a Coffee Talk, Walkers, 10a Crafts, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre, 1:30p Open Pickleball
10. 8:30a Coffee Talk, Walkers, 9a-11a Advance Pickleball, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre, 1:30p Beginners/Intermediate Pickleball	11. 8-9a Safe Haven Free Breakfast Club , 8:30a Coffee Talk, Walkers, 12:30p COA Movie "Mrs. Doubtfire" w /Popcorn, 1p Games/Puzzles/Euchre, 1:30 Advanced Pickleball, 4p Yoga,	12. 8:30a Coffee Talk, Walkers, 11:30a Music by Dolph, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre, 1:30p Beginners/Intermediate Pickleball	13. 8:30a Coffee Talk, Walkers, 9a Yoga, 9:30a Tai Chi, 10:15a Chair Yoga, 1p Games/Puzzles/Euchre, 1:30p Open Pickleball, COA Movie Day See Schedule Matinee @ Cinema, Foot Clinic	14. Valentine's Celebration & Celebration Day Ice Cream Social , 8-9a Safe Haven Free Breakfast Club, 8:30a Coffee Talk, Walkers, 10a Crafts, Music w/ Dudley Stevens & Danny Gillispie, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre, 1:30p Open Pickleball
17. ALL COA OFFICES & SENIOR CENTERS ARE CLOSED.	18. 8-9a Safe Haven Free Breakfast Club , 8:30a Coffee Talk, Walkers, 12:30p COA Movie "Death on the Nile" w /Popcorn, 1p Games/Puzzles/Euchre, 1:30 Advanced Pickleball, 4p Yoga, Foot Clinic	19. 8:30a Coffee Talk, Walkers, 11a Hand Massages by Shawna, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre, 1:30p Beginners/Intermediate Pickleball	20. 8:30a Coffee Talk, Walkers, 9a Yoga, 9:30a Tai Chi, 10:15a Chair Yoga, 1p Games/Puzzles/Euchre/1:30p Advanced Pickleball, COA Movie Day See Schedule Matinee @ Cinema	21. 8-9a Safe Haven Free Breakfast Club , 8:30a Coffee Talk, Walkers, Cardio Drumming, 1p Games/Puzzles/Euchre, 1:30p Open Pickleball
24. 8:30a Coffee Talk, Walkers, 9a-11a Advanced Pickleball, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre 1:30p Beginners/Intermediate Pickleball	25. 8-9a Safe Haven Free Breakfast Club , 8:30a Coffee Talk, Walkers, 12:30p COA Movie "Dolly Parton or Our Little Secret" w /Popcorn, 1p Games/Puzzles/Euchre, 1:30 Advanced Pickleball, 4p Yoga	26. 8:30a Coffee Talk, Walkers, 12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre, 1:30p Beginners/Intermediate Pickleball	27. 8:30a Coffee Talk, Walkers, 9a Yoga, 9:30a Tai Chi, 10:15a Chair Yoga, 1p Games/Puzzles/Euchre/1:30p Advanced Pickleball, COA Movie Day See Schedule Matinee @ Cinema	28. 8-9a Safe Haven Free Breakfast Club , 8:30a Coffee Talk, Walkers, Cardio Drumming, 1p Games/Puzzles/Euchre, 1:30p Open Pickleball

IT'S REALLY
FREE TAX PREP
 VOLUNTEER INCOME TAX ASSISTANCE
 A NORTHWEST MICHIGAN COMMUNITY ACTION AGENCY PROGRAM

LET OUR IRS CERTIFIED TAX PREPARERS HELP YOU TODAY FOR FREE!

Do you make less than \$100,000 a year?
 Come see us and let us do your taxes for FREE!
 We'll make sure you're getting the tax credits you deserve!

Accepting tax returns. January 27th through
 September 30th, 2025
 Back filing taxes through 2021.



SCAN ME



3963 Three Mile Rd. Traverse City, MI
 231-947-3780

**Safe Haven Sponsored Breakfast Club Menu February 2025 (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>4. Hot Breakfast: 2 Pancakes, Sausage Patty, Scrambled Eggs, served with Hashbrowns</p> <p><i>All Breakfasts include Yogurt & Orange Juice</i></p>	<p>7. 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>11. Hot Breakfast: Biscuits, Sausage & Gravy, 1 Oven Baked Egg, Warm Applesauce</p> <p><i>All Breakfasts include Yogurt & Orange Juice</i></p>	<p>14. 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>18. 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>21. 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>25. Hot Breakfast: Breakfast Casserole: Eggs, Cheese, Sausage, Potatoes, Peppers & Onions</p> <p><i>All Breakfasts include Yogurt & Orange Juice</i></p>	<p>28. 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>

Just for fun

Happy Valentine's Day
 Word Search

Search for the hidden words going up, down, left or right.

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

- | | | |
|-----------|------------|------------|
| VALENTINE | CARING | FEBRUARY |
| FLOWERS | FOURTEENTH | FRIENDS |
| GIFTS | HEART | LOVE |
| PARTY | ROSES | SWEETHEART |



**Beaver Island Activities and Update
 Contact the BI COA for more information at (231) 448-2124 or The COA Main Office at 231-237-0103**

Beaver Island now has a Beaver Island Senior Center Advisory Committee!!!

Members are: Catherine Meintsam (co-chair), Joe Callian (co-chair), Lisa Franz, Andy Stebbins, and Audry VanDyke. They will be working with the COA Leadership on needs of Beaver Island Seniors. Also involved with this group is the Beaver Island Senior Leadership Team: Paul Cole, Bobbi Welke, Lori Taylor-Blitz and Kevin Boyle. This committee with bring your thoughts, ideas and concerns to our meetings.

Voucher Meal Program

Available at The School, Shamrock, & the Wild Strawberry Cafe. February's Special Meal is in the planning stage but is scheduled for Friday, February 14, 2025 and will again be catered by Vicky Fingeroot. Tara from our office will be coordinating Volunteers once again for this Congregate meal.

We are still actively working on officially implementing other options for meals other than just vouchers.

Reminder: The BI Meal Voucher Program is for Charlevoix County Tax Paying Seniors, 60 years old and older only.

We are in a time of transition so please grant us a bit of Grace and have patience. We fully intend to continue services and activities on Beaver Island, hopefully at a greater capacity. Should you have any questions, please call 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 your aging process.