

# 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!**



**The month of March represents new growth and its flower symbol is Daffodil – which represents forgiveness, trust, honesty, and true love.**

**MARCH 2025 NOTABLE DATES**

- 1 *Share A Smile Day*
- 2 *Old Stuff Day*
- 3 *I Want You to be Happy Day*
- 4 *March Forth and Do Something Day*
- 5 *Learn What Your Name Means Day*
- 6 *Nametag Day*
- 7 *Be Heard Day*
- 8 *Retro Video Game Day*
- 9 *Daylight Saving Time Begins*
- 10 *Day of Awesomeness*
- 11 *Napping Day*
- 12 *Plant A Flower Day*
- 13 *Smart and Sexy Day*
- 14 *Ask a Question Day*
- 15 *Quilting Day*
- 16 *Everything You Do is Right Day*
- 17 *St. Patrick's Day*
- 18 *Awkward Moments Day*
- 19 *Let's Laugh Day*
- 20 *Spring Begins!*
- 21 *Common Courtesy Day*
- 22 *Goof Off Day*
- 23 *Chips and Dip Day*
- 24 *Cheesesteak Day*
- 25 *Waffle Day*
- 26 *Make Up Your Own Holiday Day*
- 27 *Scribble Day*
- 28 *Something on a Stick Day*
- 29 *Smoke and Mirrors Day*
- 30 *I am in Control Day*
- 31 *Tater Day*

## Director's CORNER



better.

We slow down as we age and so does our circulation that includes the blood flow to your feet. This slows the healing process when we do injure our feet and can be the cause of a worsening infection or ulcer that won't heal. Increased dry skin can also create cracking. Inspect your feet regularly and seek treatment promptly when you do have an injury. Hydrate your feet with moisturizers as another preventative measure.

Lastly, a direct effect on our balance is the lengthening of the ligaments in our feet and ankles. These lengthen over time and "stretch out". Wearing a brace when exercising or participating in sports can help with stability as well as specific ankle strengthening exercises.

If for any reason you are struggling with foot care, and are 60 years or older, let us help you in our regular foot clinics at each of our Charlevoix Senior Centers located in Charlevoix, East Jordan and Boyne City.

If you are home bound, we can come to you to assist you in your foot care needs right at home.

## 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!**

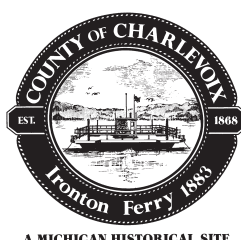
**Beaver Island COA Office:**  
**Open M-F 8a-4p\***  
?, BI County Building & COA Site Coordinator  
26466 Donegal Bay Road  
Beaver Island, MI 49782  
231-448-2124

**Boyne 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  
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](http://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 March 2025 —Krista @ 231-582-6682

Monday	Tuesday	Wednesday	Thursday	Friday
3. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10:30a Mindful Meditation, 11a Volunteers Monthly Meeting, 11:45a 2nd Annual Peanut Butter Pong Contest, 12:30p BINGO, 1:00p Detox, Heal & Live Class, 2p Cards/ Table Games	4. Mardi Gras Celebration 10a Chair Yoga, 11a Drop N' Shop, 11:45a Best Dressed Jester Contest, 12:30p BINGO, 1p Mardi Gras Bingo, 2p Cards/ Table Games	5. PJ's & Pancake Party, 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10:30a Mindful Meditation, 11a Music by Paul Ferris, 12:30p BINGO, 1p Card Bingo, 2p Cards/ Table Games	6. 10a Chair Yoga, 10:30a Mindful Meditation, 11:45a Special Treat for Nat'l Oreo Cookie Day, 12:30p BINGO, 1p St Patrick's Day Tree Craft, 2p Cards/Table Games	7. National Dress In Blue Day, 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10:30a Mindful Meditation, 11a Educational Corner for Nat'l Dress Blue Day, 11:30a Music by \$1 in a Juke Box, 12:30p Card BINGO, 1:30p A Matter of Balance Class, 2p Cards & Games
10. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10:30a Mindful Meditation, 12:30p BINGO, 1p Irish Soda Bread Making Class 2p Cards/Table Games	11. 10a Chair Yoga, 10:30a Mindful Meditation, 12:30p BINGO, 1p Leprechaun Bingo 2p Cards/Table Games, Foot Clinic	12. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10:30a Mindful Meditation, 11a Live Music by Paul Ferris, 12:30p BINGO, 1p Card Bingo, 2p Cards/ Table Games	13. 10a Chair Yoga, 10:30a Mindful Meditation, Blood Pressure Clinic, 12:30p BINGO, 1p PB&J Popcorn & a Movie "Waking Ned Devine", 2p Cards/Table Games	14. St Patrick's Day Celebration, 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10:30a Mindful Meditation, 11a Music by Gaeyle Gerrie-Boss of the Boyne Arts Center, 11:45A Leprechaun Scavenger Hunt, 12:30p Card BINGO, 1:30p A Matter of Balance Class, 2p Cards & Games, Foot Clinic
17. "Keep Calm & Shamrock On", 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10:30a Mindful Meditation, 11a Music by Vintage, 11:30a Haircuts w/Nicole, 11:45a Rainbow Coin Toss Game w/ prizes, 12:30p BINGO, 1p Detox, Heal & Live Class, 2p Cards/Table Games	18. "Sock-it" to Winter, 10a Chair Yoga, 10:30a Mindful Meditation, 11a Drop N' Shop, 12:30p BINGO, 1p Nat'l Poultry Day Craft, 2p Cards/ Table Games	19. "Dye-ve into Spring", 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10a Mobile SOS, 10:30a Mindful Meditation, 11a Live Music by Michigan Sands, 11:45a Flying Chicken Game for Nat'l Poultry Day, 12:30p BINGO, 1p Card Bingo, 2p Cards/Table Games	20. "Time to Shine", 10a Chair Yoga, 10:30a Mindful Meditation, 12:30p BINGO, 1p Spring Floral Arrangement Class w/ Upsy-Daisy Floral, 2p Cards/Table Games, Foot Clinic	21. "Floral Fantasy", 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 Spring Flower Suncatcher Craft, 2p Cards/Table Games	25. 9:30a Veteran Social, 10a Cell Phone Tech Support w/ Dylan, 10:30a Mindful Meditation, 12:30p BINGO, 1p Spring Bingo, 2p Cards/Table Games	26. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10:30a Mindful Meditation, 11a Live Music by Michigan Sands, 12:30p BINGO, 1p Card Bingo, 2p Cards/Table Games	27. 10a Chair Yoga, 10:30a Mindful Meditation, 11a Chef's Table Gathering, 12:30p BINGO, 1p Popcon & a Movie "Amelia", 2p Cards/Table Games	28. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10:30a Mindful Meditation, 11a Live Music by Vintage, 12:30p Card BINGO, 1:30p A Matter of Balance Class, 2p Cards & Games, Foot Clinic
31. 8a Sunshine Club Coffee/Walk Hour, 9a Cardio Drumming, 10:30a Mindful Meditation, 12:30p BINGO, 1p Beginners Mahjong, 2p Cards/ Table Games		For Hair Cuts with Nicole...Cellphone Tech Support w/ Dylan or Beginners Mahjong... Please call the center to sign up!	Boyerne Area Center 411 East Division St, Boyne City	The BASC is OPEN FULL TIME 8a-4p Mon—Fri with activities all day long! Exercise Room open all day everyday M-F.

# East Jordan Activity Calendar

## East Jordan Senior Center Location Activities for March 2025 — Brenda @ 231-536-7831

Monday	Tuesday	Wednesday	Thursday	Friday
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, 12:30p Card Bingo	6. Hair Cuts \$\$\$, Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10:30a Cardio Drumming, Blood 12:30p Texas Hold-em or Cards	7. 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	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. St Paddy's Day Celebration 10:30a Chair Exercise, 11:30a Music OJ Adkins 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. 10a Veteran Social & Lunch, Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10a Knit & 12:30p Euchre, Foot Clinic	19. 9:30a Coffee Hour, 11:30a Drone Presentation w/ Cody Wheat, 12:30p Card Bingo	20. Open Pickleball 9a– 11a, 9:30a Coffee Hour, 10:30a Cardio Drumming, Hand Massages with Shauna, Pressure Clinic, 12:30p Texas Hold-em or Cards	21. 10:30a Chair Exercise, 11:30a Music \$1 in a Juke, 12:30p Card BINGO, 50/50 Drawing, Foot Clinic
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, 12:30p Texas Hold-em or Cards, Foot Clinic	28. 10:30a Chair Exercise, 11:30a Music 2 Beats, 12:30p Card BINGO, 50/50 Drawing
31. 9:30a Coffee Hour, Sewing Repairs 10a, 10:45a Exercise/Lisa, 12p Mexican Poker, 12:30p Pool Table		East Jordan Center 951 Mill St., East Jordan	ACTIVITIES ARE SUBJECT TO CHANGE  Frozen Meals are available to take home \$3.00.	Mon—Fri Open Gym Walking 9a-1:30p. Exercise Room open all day

# ALL Charlevoix County Senior Center Menus

All Senior Center Locations Menu March 2025 (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><b>3. Be Happy Day</b> Bacon Cheese Burger, Bun, Smiley Fries, Vegetable Medley, Fruit, Soup Du Jour <b>Alternative Meal for Week:</b> <i>Chicken Salad Croissant</i></p>	<p><b>4. Mardi Gras Celebration,</b> Cornmeal Breaded Catfish, Red Beans &amp; Rice, Garden Vegetable, Fruit, <b>Doughnut</b></p>	<p><b>5. Breakfast for Lunch,</b> Pancake &amp; Sausage Patty, Hashbrowns, Warm Applesauce, Syrup Cup, Vegetable Soup</p>	<p><b>6. Name Tag Day</b> Ham &amp; Pineapple, Sweet Potatoes w/ Marshmallows, Mixed Vegetable, Fruit</p>	<p><b>7. Be Heard Day</b> Vegetable Lasagna, Carrots &amp; Spinach, Garlic Bread, Steamed Broccoli, Fruit, Soup Du Jour</p>
<p><b>10. Sliced Sweet Italian</b> Sausage Pasta w/Marinara Sauce, Side Salad, Fruit, Soup Du Jour <b>Alternative Meal for Week:</b> <i>Shrimp Pasta Salad</i></p>	<p><b>11. Napping Day</b> Beef Stew, Stew Vegetables, Diced Potatoes, Breadstick, Fruit</p>	<p><b>12. Maurice Salad,</b> Turkey &amp; Ham, Swiss Cheese, Green Olives, Sweet Gherkins, Homemade Dressing, Fruit, Vegetable Soup</p>	<p><b>13. Chicken Fajita</b> Casserole, Seasoned Chicken, Sliced Peppers &amp; Onions, Diced Tomatoes, Rice, Fruit</p>	<p><b>14. St. Patrick's Day Celebration,</b> Corned Beef &amp; Cabbage, Boiled Potatoes &amp; Carrots, Fruit, Soup Du Jour, <b>Green Dessert</b></p>
<p><b>17. Garlic Parmesan Chicken</b> Wings, Ranch Wedge Fries, Mixed Vegetables, Fruit, Soup Du Jour <b>Alternative Meal for Week:</b> <i>Chef Salad</i></p>	<p><b>18. Awkward Moments Day</b> Asian Beef &amp; Vegetables, Seasoned Rice, Mini Spring Rolls, Fruit, Soup Du Jour</p>	<p><b>19. Let's Laugh Day</b> Ham Carbonara, Creamy Alfredo, Pasta, Green Peas, Garlic Biscuit, Fruit, Vegetable Soup</p>	<p><b>20. Spring Begins!</b> Ground Sirloin, Mushroom Gravy, Mashed Potatoes, Green Beans, Fruit</p>	<p><b>21. Common Courtesy Day</b> Cooks Choice or Seafood Selection, Potato, Fruit, Soup Du Jour</p>
<p><b>24. Baked Potato w/Cheese,</b> Beef Chili, Diced Tomatoes, Sour Cream Cup, Fruit <b>Alternative Meal for Week:</b> <i>Ham, Green Onion, Cream Cheese Pinwheel</i></p>	<p><b>25. Waffle Day</b> Breaded Chicken Breast w/ Chicken Gravy, Scalloped Potatoes, Garden Vegetable, Fruit</p>	<p><b>26. Honey Mustard</b> Pork Chop, Rosemary Potatoes, Vegetable Medley, Fruit, Vegetable Soup</p>	<p><b>27. Scribble Day</b> Mom's Meatloaf, Mashed Potatoes &amp; Gravy, Fresh Vegetable, Fruit</p>	<p><b>28. Something on a Stick Day</b> Salmon Patty w/ Alfredo Sauce, Rice, Mixed Vegetable, Fruit, Soup Du Jour</p>
<p><b>31. Open Faced Turkey</b> Rueben w/Sauerkraut, Waffle Fries, Garden Vegetable, Fruit, Soup Du Jour <b>Alternative Meal for Week:</b> <i>Roast Beef &amp; Cheddar Wrap</i></p>	<p><b>Soups: Monday, Wednesday &amp; Friday</b></p>	<p><b>ALL MEALS INCLUDE MILK, BREAD &amp; BUTTER, 2 VEGGIES &amp; A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE</b></p>		

## Charlevoix Activity Calendar

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

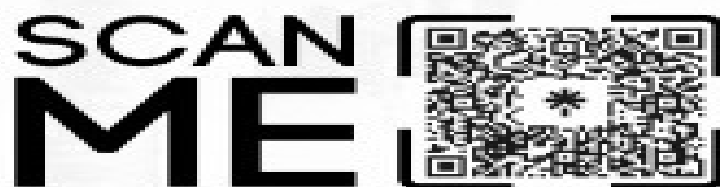
Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3. 8:30a Coffee Talk,</b> Walkers, <b>12:30p Cardio Drumming, 1p Games/Puzzles/Euchre</b></p>	<p><b>4. 8-9a Safe Haven Free Breakfast Club,</b> 8:30a Coffee Talk, Walkers, <b>12:30p Veteran's Day &amp; Free Lunch,</b> 12:30p COA Movie "Sweet Home Alabama" w/Popcorn, <b>1p Games/Puzzles/Euchre, 4p Yoga</b></p>	<p><b>5. 8:30a Coffee Talk, Walkers,</b> <b>12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre</b></p>	<p><b>6. 8:30a Coffee Talk, Walkers,</b> <b>9a Yoga, 9:30a Tai Chi, 10:15a Chair Yoga, 1p Games/Puzzles/Euchre,</b> COA Movie Day See Schedule Matinee @ Cinema</p>	<p><b>7. 8-9a Safe Haven Free Breakfast Club,</b> 8:30a Coffee Talk, Walkers, <b>10a Crafts, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre</b></p>
<p><b>10. 8:30a Coffee Talk,</b> Walkers, <b>12:30p Cardio Drumming, 1p Games/Puzzles/Euchre</b></p>	<p><b>11. 8-9a Safe Haven Free Breakfast Club,</b> 8:30a Coffee Talk, Walkers, <b>12:30p COA Movie "Mrs. Doubtfire" w /Popcorn, 1p Games/Puzzles/Euchre, 4p Yoga,</b></p>	<p><b>12. 8:30a Coffee Talk, Walkers,</b> <b>12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre</b></p>	<p><b>13. 8:30a Coffee Talk, Walkers,</b> <b>9a Yoga, 9:30a Tai Chi, 10:15a Chair Yoga, 1p Games/Puzzles/Euchre,</b> COA Movie Day See Schedule Matinee @ Cinema, Foot Clinic</p>	<p><b>14. Valentine's Celebration &amp; Celebration Day Ice Cream Social,</b> 8-9a Safe Haven Free Breakfast Club, 8:30a Coffee Talk, Walkers, <b>10a Crafts, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre</b></p>
<p><b>17. 8:30a Coffee Talk,</b> Walkers, <b>9a-11a Advance Pickleball, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre, 1:30p Beginners/Intermediate Pickleball</b></p>	<p><b>18. 8-9a Safe Haven Free Breakfast Club,</b> 8:30a Coffee Talk, Walkers, <b>12:30p COA Movie "Death on the Nile" w /Popcorn, 1p Games/Puzzles/Euchre, 1:30 Advanced Pickleball, 4p Yoga</b></p>	<p><b>19. 8:30a Coffee Talk, Walkers,</b> <b>12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre, 1:30p Beginners/Intermediate Pickleball</b></p>	<p><b>20. 8:30a Coffee Talk, Walkers,</b> <b>9a Yoga, 9:30a Tai Chi, 10:15a Chair Yoga, 1p Games/Puzzles/Euchre/1:30p Advanced Pickleball,</b> COA Movie Day See Schedule Matinee @ Cinema</p>	<p><b>21. 8-9a Safe Haven Free Breakfast Club,</b> 8:30a Coffee Talk, Walkers, <b>10a-3p-Michigan SOS Mobile Office, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre, 1:30p Open Pickleball</b></p>
<p><b>24. 8:30a Coffee Talk,</b> Walkers, <b>9a-11a Advanced Pickleball, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre 1:30p Beginners/Intermediate Pickleball</b></p>	<p><b>25. 8-9a Safe Haven Free Breakfast Club,</b> 8:30a Coffee Talk, Walkers, <b>12:30p COA Movie "Dolly Parton or Our Little Secret" w /Popcorn, 1p Games/Puzzles/Euchre, 1:30 Advanced Pickleball, 4p Yoga, Foot Clinic</b></p>	<p><b>26. 8:30a Coffee Talk, Walkers,</b> <b>12:30p Bridge, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre, 1:30p Beginners/Intermediate Pickleball</b></p>	<p><b>27. 8:30a Coffee Talk, Walkers,</b> <b>9a Yoga, 9:30a Tai Chi, 10:15a Chair Yoga, 1p Games/Puzzles/Euchre/1:30p Advanced Pickleball,</b> COA Movie Day See Schedule Matinee @ Cinema</p>	<p><b>28. 8-9a Safe Haven Free Breakfast Club,</b> 8:30a Coffee Talk, Walkers, <b>Cardio Drumming, 1p Games/Puzzles/Euchre, 1:30p Open Pickleball</b></p>
<p><b>31. 8:30a Coffee Talk,</b> Walkers, <b>9a-11a Advanced Pickleball, 12:30p Cardio Drumming, 1p Games/Puzzles/Euchre 1:30p Beginners/Intermediate Pickleball</b></p>	<p><b>Pickleball will TENTATIVELY be back beginning 3/17/25. This all depends on construction.</b>  <b>Please check with Vikki to confirm closer to the 17th!</b></p>			<p>Charlevoix Center 13513 Division Ave, Charlevoix</p> <p><b>Activities are subject to change</b></p>



**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.



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

**Safe Haven Sponsored Breakfast Club Menu March 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

**4. Hot Breakfast:**  
2 Pancakes, Sausage Patty, Scrambled Eggs, served with Hashbrowns

*All Breakfasts include Yogurt & Orange Juice*

**11. Hot Breakfast:**  
Biscuits, Sausage & Gravy, 1 Oven Baked Egg, Warm Applesauce

*All Breakfasts include Yogurt & Orange Juice*

**18. Hot Breakfast:**  
2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions

*All Breakfasts include Fresh Fruit, Maple Syrup, & Milk*

**25. Hot Breakfast:**  
Breakfast Casserole: Eggs, Cheese, Sausage, Potatoes, Peppers & Onions

*All Breakfasts include Yogurt & Orange Juice*

**7. FRIDAY BIG Hot Breakfast:**  
2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions

*All Breakfasts include Fresh Fruit, Maple Syrup & OJ*

**14. FRIDAY BIG Hot Breakfast:**  
2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions

*All Breakfasts include Fresh Fruit, Maple Syrup & OJ*

**21. FRIDAY BIG Hot Breakfast:**  
2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions

*All Breakfasts include Fresh Fruit, Maple Syrup, OJ*

**28. FRIDAY BIG Hot Breakfast:**  
2 Pancakes, 2 Sausage Links, Scrambled Eggs, Homemade Fresh Fried Diced Potatoes with Onions

*All Breakfasts include Fresh Fruit, Maple Syrup, OJ*

*Just for fun*

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**SAINT PATRICK**

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

BISHOP  
CHRISTIAN  
CONVERT  
CROSS  
HARP  
HOLY TRINITY

IRELAND  
MISSIONARY  
PATRON  
SAINT  
SHAMROCK  
SLAVE



**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 Adviory 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 will bring your thoughts, ideas and concerns to our meetings.

**Voucher Meal Program**

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

Currently, Vouchers can be purchased individually as you need them or up to 10 in bulk. Once you use the initial 10, an additional 10 are available to purchase. Vouchers expire on 9/31/25. There is NO reimbursement for any unused, lost or stolen vouchers.

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

We are still 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.